

26 MARCH - 1 APRIL 2022

TV & Satellite week

PLUS 5-PAGE WEEKLY GUIDE

NETFLIX prime

BBC iPLAYER **Disney+**

and more...

NEW



THE BUBBLE
Dinosaur trouble for Karen Gillan

NEW



SLOW HORSES
Gary Oldman as a washed-up spy

NEW



DEEP HEAT
Wrestling just got funny!



NEW SERIES

Moon Knight

Meet Marvel's mysterious soldier of fortune

AVAILABLE WEDNESDAY ON DISNEY+

HotList This week's 28

Saturday 26



LIVE!

International friendly

FOOTBALL Sky Sports Football & Sky Sports Main Event, kick-off 5.30pm
England face Switzerland at Wembley, before taking on Ivory Coast on Tuesday (Sky Sports Main Event & Premier League, k-o 7.45pm). See *Sport Week*, page 28



NEW

Chernobyl: The New Evidence

DOCUMENTARY C4, 7.30pm
The disastrous 1986 explosion at the Chernobyl nuclear power plant is given a fresh look, thanks to declassified KGB documents that suggest a cover-up.



Sir Elton John Night

MUSIC BBC2, from 8.35pm
BBC2 celebrates the career of the former Reginald Dwight, including a selection of his studio performances (8.35pm) and a chance to see his 2016 show at Hyde Park (10.35pm).



PREMIERE

Photograph

DRAMA BBC4, 10pm
Mumbai photographer Rafi (Nawazuddin Siddiqui) is feeling the pressure to get married in this romantic movie. But after telling a white lie to his gran, he must convince a stranger to pose as his fiancée.

Full listings start on p35

Sunday 27



LIVE!

Saudi Arabian Grand Prix

MOTORSPORT Sky Sports F1 & Sky Sports Main Event, race starts 6pm
Sir Lewis Hamilton was on the top step of the podium at last year's inaugural race and will be aiming for a repeat success at the Jeddah Corniche Circuit.



Peaky Blinders

DRAMA BBC1, 9pm
The pressure is building in the final series of the gangster epic. As his enemies make plans, Tommy (Cillian Murphy) decides on a course of action that will change everything... See *feature*, page 7



NEW

Falklands War: The Untold Story

DOCUMENTARY C4, 9pm
Forty years ago, Britain sent 30,000 personnel to reclaim the Falklands after an invasion by Argentina. This special looks at the war. See *Documentaries*, page 21



LIVE!

Academy Awards

AWARDS Sky Oscars & Sky Showcase, 2am
Amy Schumer, Wanda Sykes and Regina Hall are the hosts as the annual Oscars ceremony is held in LA. Brits Andrew Garfield, Olivia Colman and Dame Judi Dench are among the nominees.

Full listings start on p45

Monday 28



NEW

Rescue: Extreme Medics

DOCUMENTARY C4, 9pm
In this new series, we follow the work of the Scottish Trauma Network – from the 999 call to the cutting-edge procedures helping patients put their lives back together.



NEW

Winning Time: The Rise of the Lakers Dynasty

DRAMA Sky Atlantic, 9pm & 10.05pm (box set, Sky Box Sets/NOW)
Quincy Isaiah stars in a new drama about the LA Lakers' rise to US basketball glory. Continues tomorrow. See *feature*, page 6



NEW

Newark, Newark

COMEDY Gold, 9pm (box set, Sky Box Sets/Virgin TV On Demand)
Pauline (Beverley Callard) wants the best for singleton daughter Maxine (Morgana Robinson) in this family sitcom. Continues to Wednesday. See *feature*, page 8



NEW

Deep Heat

COMEDY ITV2, 10pm & 10.30pm (box set, ITV Hub)
Pro wrestler Nick splits from the family business in this six-part comedy. Starring Richard Fleeshman and Jahannah James. See *feature*, page 12

Full listings start on p55

Tuesday 29



NEW

Johnny Hallyday: Beyond Rock

DOCUMENTARY Netflix
The life and career of the French singer and actor, who died in 2017, are revealed in this docuseries that uses archive film, interviews, and Hallyday's own words.



LIVE!

Concert for Ukraine

MUSIC ITV, 8pm
Performances by some of the biggest names from the music world will spread a message of support during the current crisis, and raise funds for the ongoing DEC Ukraine Humanitarian Appeal.



NEW

The Flash

SUPERHERO DRAMA Sky Max & Sky Showcase, 8pm
As season eight begins, Barry (Grant Gustin) battles with a psychic alien, Despero, who thinks he will cause the end of the world. See *feature*, page 11



NEW

Banned! The Mary Whitehouse Story

DOCUMENTARY BBC2, 9pm
Gyles Brandreth, Michael Grade, activist Peter Tatchell and others help tell the story of Mary Whitehouse, who rallied against permissive culture for 30 years.

Full listings start on p65

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one hour at 1am on Sunday



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best shows



Wednesday 30



NEW
Death on the Nile
DRAMA Disney+
 Sir Kenneth Branagh directs and stars as detective Hercule Poirot, who must find a killer on a cruise boat. Among those playing murder suspects are Russell Brand, Dawn French and Annette Bening.



NEW
EDITOR'S CHOICE
Moon Knight
SUPERHERO DRAMA Disney+
 In a new Marvel miniseries, a museum worker (Oscar Isaac) realises that his 'imaginary' memories are actually other personalities – and he's drawn into a dangerous adventure. *See feature, page 4*



NEW
DC's Legends of Tomorrow
SUPERHERO DRAMA Sky Max & Sky Showcase, 8pm
 As the seventh season begins, the Legends are stranded in 1920s Texas – and J Edgar Hoover is taking an interest.



NEW
Matt Baker: Travels with Mum & Dad
TRAVELOGUE More4, 9pm
 The former *The One Show* host, his mum Janice and dad Mike take a break from their farm and head off in an old caravan on a tour of the North East of England.

Full listings start on p75

Thursday 31



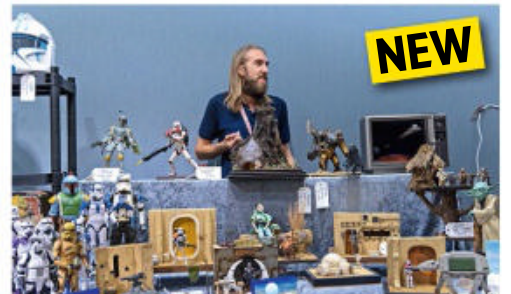
NEW
Gordon Ramsay's Future Food Stars
COOKERY BBC1, 9pm
 As the chef launches an *The Apprentice*-style hunt for new talent, the contenders must set up food shacks on the beach. But will any of them impress him?



NEW
How to Sleep Well with Michael Mosley
DOCUMENTARY BBC2, 9pm
 Sleep impacts our bodies in many ways, and this special explores new research to find out how we can learn to sleep better and reap the rewards for our health.



LAST ONE
Extraordinary Escapes with Sandi Toksvig
TRAVELOGUE C4, 9pm
 Jennyclair is the guest for this week's final journey as she and Sandi Toksvig head to the Wye Valley to mess about on a river and forage for cocktail ingredients.



NEW
Scouting for Toys
DOCUMENTARY Yesterday, 9pm
 A new 10-part series looks at the fascinating world of collectable toys and the work of auctioneers Vectis. This week, the focus is on a vast *Star Wars* collection assembled by late fan Declan.

Full listings start on p85

Friday 1



NEW
EDITOR'S CHOICE
Slow Horses
DRAMA Apple TV+
 Gary Oldman, Olivia Cooke and Sir Jonathan Pryce star in this thriller about a team of failed and scandalised spies who start to crack a conspiracy. *See Your Watchlist, page 14*



NEW
EDITOR'S CHOICE
The Bubble
COMEDY Netflix
 The cast of an action movie must form a pandemic bubble at a hotel in this light-hearted film starring Pedro Pascal, Leslie Mann and David Duchovny. *See Your Watchlist, page 17*



LIVE!
World Cup Draw
FOOTBALL BBC1 & BBC2, from 4.45pm
 Coverage as teams find out their fixtures at the men's football World Cup in Qatar later this year. England secured a spot in November, while Scotland and Wales went into a play-off competition.



NEW
Cruising with Susan Calman
TRAVELOGUE Channel 5, 9pm
 The comedian is back for a six-part series of the show previously hosted by Jane McDonald. First on the itinerary are the Canary Islands, Madeira and Spain.

Full listings start on p95

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Star Wars' Oscar Isaac heads the cast of Disney+'s latest superhero drama, *Moon Knight*
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KNIGHT TO REMEMBER

Oscar Isaac plays a Marvel superhero whose powers derive from an ancient Egyptian god

NEW SUPERHERO DRAMA

Moon Knight

Available from Wednesday 30 March, Disney+

Superhero fans love a good origins story, and they don't come much stranger than *Moon Knight*, the latest entry in Disney+'s universe of films and TV shows based on classic Marvel comics characters.

The six-part series, being released weekly, stars *Scenes from a Marriage* actor Oscar Isaac as Steven Grant, who works at the gift shop in the British Museum, and who has difficulty distinguishing his dreams from his waking life.

It transpires he has a multiple-personality disorder, and has unwittingly been switching between mild-mannered Steven and mercenary action man Marc Spector, while experiencing strange and terrifying hallucinations.

However, when Steven receives a mysterious phone call from a woman who recognises his voice as that of Marc, he realises he hasn't been imagining things.

Soon, an even darker mystery with a link to an ancient Egyptian god starts to unfold, revealing yet another persona – the crime-fighting Moon Knight, a caped figure with more than a passing resemblance to an ancient Egyptian mummy.

We caught up with 43-year-old Isaac to unravel the mystery behind *Moon Knight*...

What can you tell us about Steven and how the story unfolds? We are introduced to this world through Steven Grant, who works at a gift shop in a museum. He is someone who's desperate for connection, but hasn't developed the proper skills for that. He is also living with this condition that is a mystery to him.

How does his condition manifest itself? He has blackouts, and he is not sure if he has a sleep disorder, or exactly what is happening. Whole chunks of his memory are missing at different times, and that

just compounds the situation of isolation that he has.

What appealed to you about this story? For me, it was critical that *Moon Knight* was an authentic exploration of what it feels like to live with dissociative identity disorder in a different way. It's been looked at in films, but generally it's sensationalised or demonised.

What's your take on this unusual personality disorder? To me, it's an actual superpower that someone who has been subjected to horrible trauma and abuse over an extended period of time can have. In order to survive, they create an alternative personality that has no knowledge of this kind of trauma.

What was it like portraying such a complex personality? The superhero movies are the big show in town right now, like the *Busby Berkeley* musicals of the olden days. But to survive, the genre has to keep evolving, otherwise everybody's going to get bored. The basic idea in *Moon Knight* of someone who

doesn't know their own mind was an interesting starting point, and I saw a lot of opportunities to do something unique within the genre.

Ethan Hawke plays the guru-like figure Arthur Harrow. Is it true you got him on board? I'd been watching him in the TV series *The Good Lord Bird*, and I was astounded by his work in that, and mentioned him to one of the directors. Ethan lives right around the corner from me, so we got together, and I got him drunk on tequila and made him say yes!

What was your personal highlight from filming the series? It was the first time I put on the Moon Knight costume, because it was such a powerful moment. For the first few months we'd been focusing on other elements of the story. But when I came out as Moon Knight, everyone was like: 'Oh yeah, we're making a superhero show!'



Dr Arthur Harrow (Ethan Hawke)





**'The genre has to
keep evolving,
otherwise
everybody's going
to get bored'**

OSCAR ISAAC

MAKING MOON KNIGHT

Moon Knight, aka Marc Spector, first appeared in the Marvel comic *Werewolf by Night* in 1975, while his ongoing adventures have seen him team up with several of the Avengers.

When it came to bringing the character to the screen, actor Oscar Isaac had a big say in Moon Knight's distinctive silvery cloak.

'They had already chosen something, but I felt it wasn't quite there,' says Isaac, who also adopted an English accent to play the persona of London museum worker Steven Grant.

'But we kept trying different costumes, and we ended up with something that was really powerful and truer to the comic.'

Meanwhile, the production of *Moon Knight* was struck by tragedy after filming when actor Gaspard Ulliel sadly died in a skiing accident in January.

In the series, the French star plays Midnight Man, an enemy of Moon Knight who, in the comics, was an art thief. 'We have been deeply saddened by Gaspard's tragic passing,' said a Disney spokesperson.

Magic moments

A new drama charts the 1980s heyday of **Magic Johnson** and the LA Lakers

NEW DRAMA

Winning Time: The Rise of the Lakers Dynasty

Mon & Tue, 9pm & 10.05pm,
Sky Atlantic (box set, Sky/NOW)

When US basketball team LA Lakers signed college player Earvin 'Magic' Johnson in 1979, they had won one National Championship in their 32-year history. But their fortunes were about to change...

Spearheaded by their new recruit, the Lakers dominated the NBA in the 1980s, winning five championships, while Johnson would become one of the sport's biggest stars.

The story behind that remarkable period, which was dubbed the 'Showtime' era because of the Lakers' thrilling offensive play, is told in Sky Atlantic's new series *Winning Time: The Rise of the Lakers Dynasty*, executive produced by Adam McKay.

BIG BUSINESS

The unlikely man behind the Lakers' success story was Jerry Buss, a former chemist who'd made a fortune in the property business.

'The financial story of Jerry Buss alone is an incredible one,' says John C Reilly, who plays him. 'The way that he leveraged what he had, to get to the next place he wanted to be in his life... Among other things, he traded the Chrysler Building in Manhattan for the Lakers!'

In the late 1970s, basketball was in the doldrums, with the league on the verge of bankruptcy, but Buss was a natural showman and had a vision that the sport could become an entertainment spectacle.

'One of the fascinating things people are going to realise when they watch this series is what basketball was before 1979, and what it was after,' says Reilly, who heads a stellar cast that includes Sally Field as Buss' mother Jessie, Jason Clarke as irascible Lakers coach Jerry West, and Adrien Brody as West's successor, Pat Riley.

'This thing we have now in modern basketball – showmanship and theatricality – it didn't exist before 1979. Jerry, the Lakers and Magic turned it into entertainment, and it became almost like our bread and circuses at the Colosseum.'

GAME CHANGER

The Lakers already had the 7ft 2in Kareem Abdul-Jabbar (played by Solomon Hughes), the league's five-time Most Valuable Player during the 1970s, on their books when Buss arrived on the scene.

But it was the acquisition of the charismatic Johnson (Quincy Isaiah) that would help transform the fortunes of the team.

'If you know how hard it is to be a professional basketball player, you understand why most of them are serious all the time, and don't even acknowledge the crowd,' says Reilly. 'But even though he was a fierce competitor, Magic had this superpower to be able to connect with you as a human in the crowd.'

The achievements of Johnson, who retired in 1991 after contracting HIV, are all the more remarkable against the backdrop of race relations at a time when the NBA's lack of popularity was attributed by some to the fact that it was 'too black'.

'Magic was a transformative person in America,' says Reilly, 56.

'In 1979, there was a lot of very intense racial politics going on, and there was good reason to be a more serious person publicly if you were an African-American. But Magic decided that he was going to spread a message of inclusion.'

Similarly, Buss had an irrepressible brand of optimism that, says Reilly, made him an enjoyable character to play.

'One of the reasons I loved playing this character is because I believe that we should be saying to people in the world: "You can do it, anything is possible," he says.

'Jerry's attitude was: "If you can think it, and you're willing to try, you can do it."

What he pulled off, with the help of his amazing team of people, was nothing short of a miracle. And it's empowering to say miracles are possible for anybody, if you believe in yourself.'

'Jerry, the Lakers and Magic turned basketball into entertainment'

JOHN C REILLY

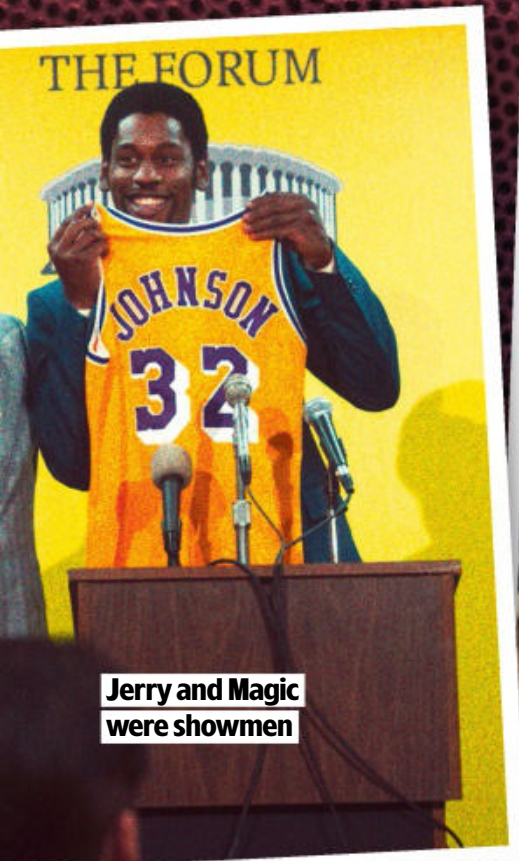


Magic wore a No.32 vest

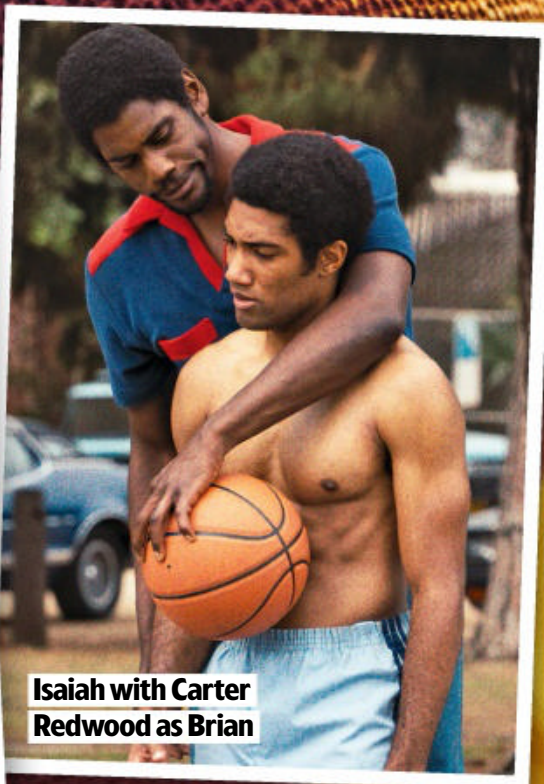




John C Reilly and Quincy Isaiah as Jerry and Magic



Jerry and Magic were showmen



Isaiah with Carter Redwood as Brian

Finn Cole as Michael

Michael plots his revenge on Tommy Shelby

MURDER IN MIND

DRAMA

Peaky Blinders

Sunday, 9pm, BBC1

Michael Gray was devastated when his mother was murdered by the IRA following the climax of season five of *Peaky Blinders*, but he put the blame for Polly's death squarely at Tommy Shelby's door.

His anger with the Peaky Blinders boss for not protecting Polly, or taking revenge on those who killed her, turned into a burning desire for vengeance when Tommy betrayed him to the US police at the start of this year's final season.

As he languished in jail, Michael hatched a plan with infamous Chicago mobster Jack Nelson – uncle of his wife Gina – to kill Tommy, unaware that the crime boss had just a year to live...

FIERCE RIVALRY

'The tension between Tommy and Michael has been building over the years,' says Finn Cole, who plays Michael. 'And it gets pretty explosive as time goes on. I've always felt like Michael is a younger version of Tommy. He has new ideas and I think Tommy's intimidated by that a bit.'

Michael may believe Tommy's



Tommy with Michael's wife, Gina

business methods belong in the past, but Tommy has information that could prove to be his young rival's undoing. After learning of Gina's affair with fascist politician Oswald Mosley last week, he now has leverage over Michael's wife...

'Michael believes he and Gina are the future,' says Cole. 'She's smart and she has great connections, but what we start to see in this season is how intelligent she is and how she can manipulate people around her.'

With the end of the show looming, Cole, 26, is looking forward to plenty more fireworks before the finale. And he reckons the show wouldn't have been so successful without the influence of the late Helen McCrory, who played Polly.

'Helen had a massive impact on my life,' he explains. 'I look back on those early days when I joined the show and I was this baby-faced teenager. She always looked after me and I'm massively grateful for that.'



Helen McCrory as Aunt Polly



Pauline Beverley Callard
Leslie's ghastly granny is trying to get his parents back together.

Amber Jessie Mae Alonzo
Leslie's bright school friend has just started working at a local pub.

Dariusz Bo Poraj
The guitar-toting karate teacher has moved in with his friend Terry.

Leslie Jai Hollis
Maxine's son is negotiating coming out as gay and looking for love.

Maxine Morgana Robinson
The chip-shop manager is turning 40 and has split from husband Terry.

Strange relations

Beverley Callard and Morgana Robinson play mother and daughter in a riotous new family comedy

NEW COMEDY
Newark, Newark
Mon-Wed, 9pm, Gold (box set, Sky/Virgin)

With a sly nod to the Frank Sinatra classic *New York, New York*, Gold's new comedy series is set in the East Midlands market town of Newark, where *Coronation Street* star Beverley Callard and Morgana Robinson team up to portray a meddling grandmother and her doughty daughter.

Inspired by the adolescence of writer and creator Nathan Foad, the three-parter stars Robinson as chip-shop manager Maxine, who is turning 40 as a singleton, having split from her loser husband Terry (*Gavin & Stacey*'s Mathew Horne).

With spirits at Maxine's birthday barbecue already dampened by a downpour, her teenage son Leslie

(newcomer Jai Hollis) decides this is his chance to come out as gay.

And to make matters worse, Terry gatecrashes the party with another uninvited guest, intent on winning Maxine back with help from her mother, Pauline (Callard).

LIBERATING

'This is a pivotal moment for Maxine,' says Robinson, who plays Pippa Middleton in C4's Royal Family comedy *The Windsors*. 'She is turning 40, going through a divorce, and sick of mundanity.'

When the 39-year-old found out that *Corrie* star Callard was playing Pauline, she was delighted.

'It's perfect casting, as we look so alike that we could be mother and daughter,' she says. 'Pauline is as camp as a row of tents, and Beverley hits the bullseye with every line.'

For Callard, who played Liz McDonald in *Corrie*, the role of Pauline was one she couldn't resist.

'Pauline is absolutely hideous,' she laughs. 'She's coarse, vulgar, cruel at times, and doesn't care who she upsets. But she's so funny and does not have a pause button. Also, she's got no dress sense - I always seem to play women who don't know what nice clothes look like.'

Although Pauline is a comedy grotesque, her interfering relationship with Maxine will strike a chord with many mothers and daughters.

'They're upfront and honest with each other, but

there's a deep love there,' says Callard. 'Maxine knows Pauline loves her, but she knows Pauline will handle every situation badly.'

She adds that, after such a long stint in soapland, the opportunity to work on other projects has been a welcome change.

'*Coronation Street* is a sausage factory, a treadmill,' says Callard, who turns 65 on 28 March and who



Claire (Saskia Chana) and Maxine (Morgana Robinson)

Terry

Mathew Horne

Maxine's dullard, layabout husband is desperate to win her back.

Rudy

Vahid Gold

Pauline's favourite grandchild is not the sharpest tool in the box.

Claire

Saskia Chana

Chip-shop employee Claire starts a passionate relationship with Rudy.



previously had a regular role in BBC sitcom *Two Pints of Lager and a Packet of Crisps*. 'It is really full-on, and you have no life, really.'

'It used to be even harder years ago, when the cast was smaller. I personally don't think that the scripts are as good now, and we're overloaded with soap operas, which is a shame. So it's liberating to do things like this, because your world opens up.'

To prepare for her role as a chip-shop manager, Robinson, who worked in London restaurants for many years, did a shift in a Newark chippy to learn the ropes.

'I did a shift in Mr Chips in Newark,' she reveals. 'I battered some fish and served some customers. You learn all sorts of things – for instance, if you put a piece of fish in the fat fryer the wrong way, it will curl. But the

fryer itself was terrifying – you could fit a human body in it!'

The talented mimic also reveals that mastering the Newark accent was something of a challenge.

'I literally had six days to learn the accent,' she says. 'And I think I went mad. It's the toughest accent I've ever had to do.'

With the show not only being shot in but also named after Newark, there was a fair bit of local interest, with a story about filming making the regional news.

'The shopkeepers and market stallholders kept offering us cups of tea,' says Callard. 'Newark looks like a mini York, with cobbled streets and the river going through it. But you can tell lockdown has hit it, as there are lots of closed shops, and a lot of poverty there. But the locals were really enthusiastic. They loved it.'

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance



Kevin investigates the suspicious package

CORONATION STREET

Kevin discovers the truth about Abi's baby

» **It's a huge** week for Abi, who heads to court to fight for custody of newborn son Alfie. Solicitor Imran, who is also her secret baby father, argues that the recovering drug addict is a changed woman, while his fiancée Toyah – who believes Alfie's dad is Abi's ex, Tez – turns up to support her neighbour. But will the verdict go Abi's way?

Following the proceedings, Toyah urges Imran to take a step back, but he's keen to be legally recognised as Alfie's father, and sneaks into town with Abi to get the birth registered.

As Abi later returns to the cobbles, clutching a package,

Toyah wrongly suspects she's back on drugs, and alerts Kevin. He then hunts for the package while Abi's making tea.

Inside is Alfie's birth certificate, which he's stunned to see Imran's name on.

Across the Street, Toyah and Imran are in a crucial meeting with their social worker to discuss foster daughter Elsie's adoption. Will Kev pitch up and blow Toyah's world apart?



Imran represents Abi in court

» **PLUS** Gary wants to confess to Rick's murder, Summer takes risks with her health, Sally's angry when Tim fails to turf Elaine out, Nick discovers Sam's secret, and Emma tells more lies as she continues seeing Jon.

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ALSO IN THE SOAPS THIS WEEK...

EMMERDALE



» Moira teaches Charity a lesson (above), Rhona puts too much pressure on Marlon, Laurel kisses Jai, Samson embarrasses Cathy, Nate misses baby Frankie, and Manpreet reconsiders testifying against murderous Meena.

EASTENDERS

» Bernie (right) has a big decision to make, Denise tries to persuade Chelsea against having Jordan adopted, Isaac goes to Trinidad to visit Sheree, and Mick asks Janine to help him organise Tina's funeral.



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Heroes

and villains

The Flash recruits a team of superhero allies to battle an alien enemy

NEW SUPERHERO DRAMA

The Flash

Tue, 8pm, Sky Max & Sky Showcase

The eighth season of *The Flash* arrives with a bang this week, when Sky's superhero drama kicks off with a five-part storyline called *Armageddon*.

The action begins when a psychic alien, Despero, from the planet Kalanor, arrives in Central City on a mission to kill Barry Allen, AKA The Flash, who he believes will bring about the destruction of the world in 2031.

'Despero is convinced that Barry is going to be the cause of the Armageddon to come,' says Grant Gustin, who plays the

scarlet speedster. 'At first, Barry is in disbelief, but there's enough evidence to leave him concerned that this future is something that might end up happening.'

TEAMING UP

To combat Despero's threat, Barry recruits several allies from the Arrowverse, including Black Lightning (Cress Williams), Batwoman (Javicia Leslie), *Legends of Tomorrow's* The Atom



The Flash and Despero

(Brandon Routh) and *Supergirl's* Sentinel (Chyler Leigh).

However, Gustin, 32, is keen to stress that the *Armageddon* storyline isn't a typical Arrowverse crossover.

'It's cool because it all takes place within *The Flash*,' he explains. 'It's just one continuous

Flash story, and we were inviting all these other cool guests over to our home base.'

The role of alien Despero – who was created by DC Comics in 1960 – is played by Scottish actor Tony Curran, seen recently as the villainous Frankie in US drama *Your Honor*.

'Despero has lots of powers and when he shows up on Earth, you kind of understand why he's here,' says showrunner Eric Wallace.

'The audience will flip out when they see how exciting, and unpredictable Tony Curran is in bringing Despero to life. Tony's the nicest guy ever, but he's intense, and he helped the cast rise up to the next level. The scenes between Grant and Tony will make viewers hoot with joy because they're just amazing.'

LIVING LEGENDS

Another Arrowverse show lands this week when DC's *Legends of Tomorrow* returns (Wed, 8pm, Sky Max & Sky Showcase).

After the destruction of their *Waverider* time-ship, we find the team stuck in the 1920s. As they try to repair *Waverider*, they unwittingly conjure up the ship's artificial intelligence, Gideon, in human form (played by Amy Louise Pemberton, who voices the AI).

'Living in this human body is going to be both a joy and a struggle for Gideon,' says executive producer Phil Klemmer. 'She's having to learn a lifetime's worth of being human in a crazy crash course.'



You liked...

Burn Notice on Fox

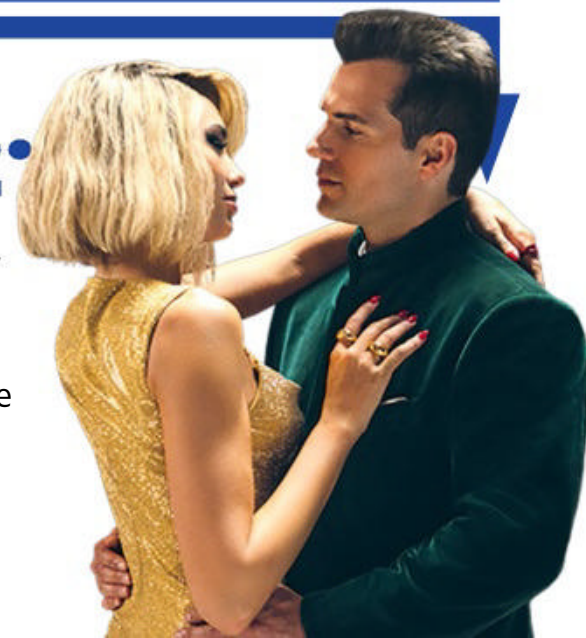
This spy drama ran from 2007 to 2013, with Jeffrey Donovan playing experienced CIA agent Michael Westen, who gets 'burned' (deemed unreliable) and dropped by the agency. Heading to Miami, he takes on private jobs while seeking revenge against those who discredited him.



Now try this..

Argylle on Apple TV+

Singer Dua Lipa makes her acting debut in this upcoming spy thriller from *Kick-Ass* director Matthew Vaughn. It follows international spy Argylle, played by Henry Cavill, who swears revenge against the shadowy organisation he used to work for. Bryan Cranston, Samuel L Jackson and Bryce Dallas Howard are also among the cast.



Look Who's Back...

A familiar face appearing in a new show this week

Gordon Ramsay

Gordon Ramsay's Future Food Stars

Thursday, 9pm, BBC1

Born in Scotland, the Michelin-starred chef came to fame in C4's *Boiling Point* (1999), which followed the launch of his first restaurant. After the BAFTA-winning *Ramsay's Kitchen Nightmares* (2004-2014) saw him transform struggling eateries on both sides of the Atlantic, he hosted food magazine show *The F Word* (2005-2010) and teamed up with Gino D'Acampo and Fred Sirieix for *Gordon, Gino & Fred's Road Trip* on ITV (2018-present).

HIS NEW SHOW

This week, Ramsay's eight-part series sees him put 12 budding food and drink entrepreneurs to the test as he looks for a new business venture. The candidates are given a series of challenges, beginning with setting up food shacks on a beach. But only one of them will land a £150,000 investment from Ramsay. 'It's about bringing magic to the industry because we have some amazing ideas,' says the 55-year-old. 'We have great products, great characters, and a lot of challenges.'



TV WEEK

Richard Fleeshman stars as Nick Nitro



WRESTLE MANIA!

Richard Fleeshman stars in a madcap comedy set in the world of British wrestling



Bentley Green and Tosin Cole as Joshua and Moses Johnson

MEAN streets

Corruption and lies in a new legal drama

NEW DRAMA

61st Street

Tue, 9pm, AMC (BT TV Channel 332)

We last saw actor Tosin Cole in *Doctor Who's* 2021 New Year special, *Revolution of the Daleks*, when his character Ryan decided to stay on

NEW COMEDY

Deep Heat

Monday, 10pm & 10.30pm,
ITV2 (box set, ITV Hub)

If it's a comedy caper you're after, packed with adult humour and crazy wrestling scenes, then grab a ringside seat for ITV2's new six-part show *Deep Heat*.

It stars former *Coronation Street* star Richard Fleeshman (who played teen Craig Harris in the soap), as he dons skimpy gold pants and an obscene amount of fake tan to play cocky pro wrestler Nick Nitro.

Both Nick and his underdog sister Holly (Jahannah James) work for family-run business Boss Pro Wrestling, established by their glamorous chain-smoking promoter mum Pam (*Feel Good's* Pippa Haywood).

However, family ties are broken when Nick poaches all of Boss Pro's top talent and sets up on his own, leaving Pam hospitalised with stress, and Holly trying to bring together the wrestling rejects and save the company.

'The tiny gold lamé Y-fronts I had to wear were almost non-existent, but it was actually quite liberating,' admits Fleeshman.

'The first time I did a flip in



Jahannah James
plays Holly

front of 300 extras it was so nerve-racking, but by the fourth time I was like, let's go, this is fun!

'Nick's a pretty ridiculous character. He has the arrogance of a top-flight wrestler, but he's obnoxious and bitter because he never made it big. He thinks he should be wrestling at Madison Square Garden when actually he's at Runcorn Community Centre.'

NEW SKILLS

Sharon Rooney stars as confident, spectacularly rude wrestler Bertha and Alistair Petrie plays faded former champ The Gentleman Grappler, while guest stars include John Thomson and Matt Lucas.

The cast had to learn all their own wrestling moves with the help of the show's co-writer Max Olesker, who used to be a pro wrestler and also stars as Boss Pro's timid trainee, Jack.

'Max was really keen on getting in actors who were prepared to go in head first, so it was really a case of throwing ourselves in at the deep end,' says Fleeshman.

'There are some crazy fights, but we didn't have any stunt doubles – we did it all ourselves. I thought it would be all gentle, like you'd do one push and then a stuntman would come in, but there was none of that. We didn't sign up to be wrestlers, but that's basically what we became!'

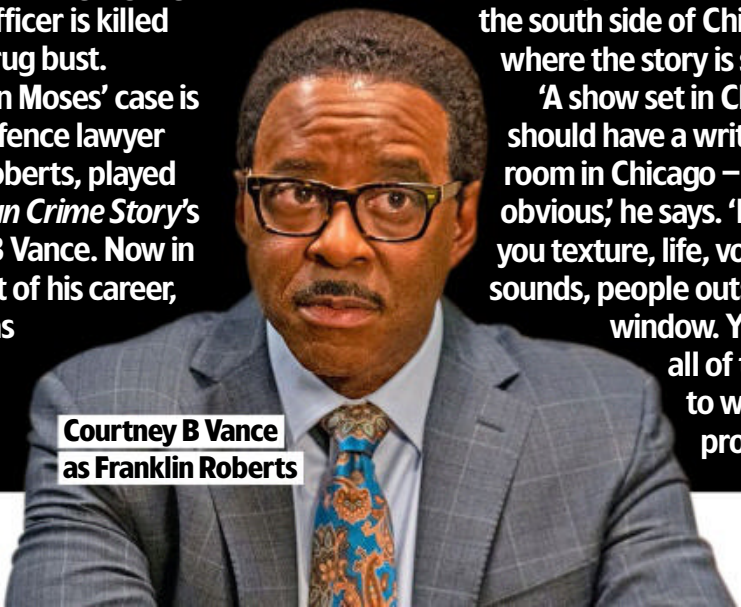
Earth as the Doctor set off for more adventures in the TARDIS.

This week, the actor is back on our screens after landing a major role in *61st Street*, an eight-part US drama that examines the dark heart of the Chicago criminal justice system.

TAKING A STAND

Cole stars as Moses Johnson, a promising high school athlete who is arrested by the police on suspicion of being a gang member when an officer is killed during a drug bust.

Taking on Moses' case is veteran defence lawyer Franklin Roberts, played by *American Crime Story's* Courtney B Vance. Now in the twilight of his career, Franklin has promised his wife that he'll



Courtney B Vance
as Franklin Roberts

retire to spend more time with their autistic son, but he realises that Moses' case will give him the perfect opportunity to challenge Chicago's institutional racism and corruption.

One of the series' writers is BAFTA-winning British writer Peter Moffat, who has previously delved into the judicial system in dramas *Criminal Justice*, *Silk* and *Your Honor*.

To produce the script, the former barrister set up a writers' room in the south side of Chicago, where the story is set.

'A show set in Chicago should have a writers' room in Chicago – it's obvious,' he says. 'It gives you texture, life, voices, sounds, people outside the window. You need all of that to write properly.'

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...



LIVE!

Academy Awards

Sunday, 2am, Sky Oscars & Sky Showcase

Sir Kenneth Branagh's *Belfast* is nominated for a Best Picture Oscar, up against the likes of *CODA*, *Dune* and *The Power of the Dog* and British nominees in the acting categories include Benedict Cumberbatch, Andrew Garfield, Olivia Colman, and Dame Judi Dench. The event is hosted by Amy Schumer, Wanda Sykes and Regina Hall.



LAST ONE

Dancing on Ice

Sunday, 7pm, ITV

After moving aside last weekend to make way for FA Cup football, the show returns for its final as the top three skating pairs compete to be crowned champions. Brendan Cole, Kimberly Wyatt and Regan Gascoigne will present a new routine and reprise their favourite dance of the series – with the top two couples advancing to show us their takes on Torvill & Dean's iconic *Boléro* performance.



NEW

Anyone Can Sing

Wednesday, 8pm, Sky Arts

Opera singer Katherine Jenkins is among the guest stars in this new series which sees vocal coaches from the English National Opera attempt to work their magic on six members of the public with terrible singing voices. They will take masterclasses in vocal technique and stage presence, and tackle musical challenges, before giving a live performance at the London Coliseum.



LAST ONE

Holby City

Tuesday, 7.50pm, BBC1

It's the end of an era as medical drama *Holby City* closes its doors after 23 years. The *Casualty* spin-off has seen some of TV's biggest names start their careers with guest roles on the show, including Jodie Comer and Joe Cole. The finale is sure to bid an emotional farewell, as the fate of Jac Naylor is finally revealed, while there'll be surprise guest appearances from past favourites.

▶ WATCHLIST

YOUR
YOUR
YOUR



Dame Kristin Scott
Thomas (right)
plays an MI5 boss

Trouble agents

Gary Oldman heads a group of disgraced MI5 spies seeking to redeem themselves



Gary Oldman (left)
as Jackson Lamb
with his team



River (left) and Sid (centre)
uncover a kidnap plot

The best of Netflix, Prime Video, BBC iPlayer and more...

Apple TV+ **Slow Horses**

NEW Available: **Fri 1 April** Genre: **Drama** Season: **1**
Eps: **6 (two eps from 1 April, then weekly)**

Gary Oldman won rave reviews for his portrayal of George Smiley in the 2011 film adaptation of John le Carré's iconic spy novel, *Tinker Tailor Soldier Spy* – and he's now returning to the world of espionage in new drama *Slow Horses*.

Based upon the first of Mick Herron's series of spy novels, the six-parter follows British intelligence agents who have been sidelined in an obscure department of MI5 – Slough House – due to their career-ending mistakes.

Oldman, who picked up an Oscar for his role as Winston Churchill in 2018 biopic *Darkest Hour*, stars as the brilliant but irascible team leader Jackson Lamb, a flatulent, foul-mouthed, chain-smoking alcoholic who seems to take pleasure from being disliked by his underlings.

SHADY BUSINESS

One of the team's 'slow horses' is ambitious young agent River Cartwright (Jack Lowden), demoted after botching a security operation – to the horror of his grandfather, retired MI5 legend David Cartwright (Sir Jonathan Pryce).

Surrounded by colleagues who have made similar mistakes – from drug addiction to leaving classified files on the bus, or simply getting in the way of more ambitious rivals – Cartwright is desperate to redeem himself.

So when a young man is abducted and his kidnappers threaten to behead him live on the internet, Cartwright thinks he's found his way back to MI5 HQ at Regent's Park and the watchful eye of deputy director of operations Diana Taverner (Dame Kristin Scott Thomas).

However, as Cartwright and fellow agent Sid (Olivia Cooke) pursue the case, they're dragged into a plot where a host of rival forces are trying to push their own agendas...

'I wanted to show a world where bad things happen because people make errors,' says Herron, who worked as a script consultant. 'All the people in Slough House have made errors of one sort or another. But also it just seems to me it's how the world works.'

CELEBRATING FAILURE

Herron was delighted when Oldman was cast in the lead role, but he admits his character wasn't originally intended to be so central.

'Jackson Lamb was going to be an unseen malign presence at the top of Slough House. I wasn't going to have him on the page so much, but as soon as he made an appearance, I realised I could have a lot of fun with him,' he says.

'I think failure is more interesting than success to write about. Happiness can make less of an impact on the page, as opposed to failure, frustration, or thwarted ambition. Maybe that has touched a chord. I am writing about people sitting in an office wishing they were James Bond – and that covers quite a large part of the population.'



+ What we're watching...

The shows being enjoyed by the TVSW team



Disney+ STAR **The Dropout**

Genre: **Drama** Season: **1**
Episodes: **8 (released weekly)**

Fans of Netflix's *Inventing Anna* won't want to miss this equally jaw-dropping true story of another spectacular young female fraudster. Amanda Seyfried is superb as Elizabeth Holmes, who became a billionaire with her company Theranos, which claimed to have created a revolutionary blood-testing system. But the technology was faulty, her claims were false, and the company's fast rise was followed by an even swifter fall. *Lost*'s Naveen Andrews co-stars as Holmes' lover and business colleague Sunny Balwani.

prime video **Shane**

Genre: **Documentary**
Episodes: **One-off**

Australian cricketer Shane Warne, who died on 4 March, aged 52, was both a legendary bowler and a larger-than-life character. He opens up about his career in this engaging 2022 documentary.



britbox **Murder in Provence**

Genre: **Crime drama**
Season: **1** Episodes: **3**

The two lead actors shine in this escapist murder-mystery series set in sun-kissed France, with Roger Allam playing an investigating judge and Nancy Carroll as his partner.



+ Now in production...

Three upcoming shows to look out for soon



NETFLIX **Never Have I Ever**

A fourth and final series of the Netflix comedy co-created by Mindy Kaling will follow more growing pains for Indian-American teenager Devi (Maitreyi Ramakrishnan). The third run, narrated again by John McEnroe, airs this summer.



Disney+ **The Muppets Mayhem**

In a comedy series, the Muppets' Electric Blue Band (Dr Teeth, Animal, Floyd Pepper, Janice, Zoot and Lips) take centre stage as they record their first album under the guidance of stressed-out junior A&R executive Nora (Lilly Singh).



Apple TV+ **Sir Lewis Hamilton**

A revealing, as-yet-untitled documentary for Apple TV+ will see the seven-time F1 world champion reflect on his life and career, while the Mercedes team and a host of famous faces also share their insight into what makes him tick.

WORDS: CAREN CLARK, JUDY EWENS, SEAN MARLAND. PHOTOS: APPLE TV+, BRITBOX. ©2022 DISNEY AND ITS RELATED ENTITIES, HULU, GETTY, NETFLIX

+ For fans of Mark Wahlberg...

prime video **Joe Bell**

NEW Available: **Fri 1 April**
Genre: **Drama**

This touching true story stars Mark Wahlberg as a father who sets out to walk from Oregon to New York City to raise awareness of bullying after suffering a family tragedy when his gay son is tormented by bullies at school. Connie Britton plays his wife and Gary Sinise stars as Sheriff Westin.



+ If you like coming-of-age movies...

Disney+ **Better Nate than Ever**

NEW Available: **Fri 1 April**
Genre: **Musical comedy**

Lisa Kudrow stars in this family movie about Pittsburgh teenager Nate Foster (Rueby Wood), who sets his sights on becoming a Broadway musical star. When Nate agrees to sneak off to New York with his best friend Libby (Aria Brooks), will he be able to make his dreams come true?



Sir Kenneth Branagh as Hercule Poirot

Disney+ **Death on the Nile**

NEW Available: **Wednesday 30 March** Genre: **Drama**

Agatha Christie's famous murder-mystery lands on Disney+ just a few weeks after its cinema release. Sir Kenneth Branagh directs and stars as 1930s Belgian sleuth Hercule Poirot, whose River Nile vacation aboard a glitzy cruise ship turns into a murder investigation when a killer strikes. Also on board is Gal Gadot's glamorous heiress, Annette Bening's wealthy artist, and Dawn French and Jennifer Saunders as a lady's maid and her employer. 'It's a very dark, very sexy, unsettling kind of film,' says Branagh, who uses flashbacks to explore Poirot's formative years in the World War One trenches. 'It's all to do with love, possession, lust, jealousy – the big primal emotions that really get in people's way.'



Jean Smart as Deborah Vance

prime video **Hacks**

NEW Available: **Friday 1 April** Genre: **Comedy drama**
Season: **1** Episodes: **10**

If you like *The Marvelous Mrs Maisel*, you shouldn't miss this new series starring *Mare of Easttown's* Jean Smart as a Joan Rivers-style comedian, Deborah Vance. After the veteran stand-up finds her career on the slide when her Las Vegas residency comes under threat, her manager teams her with reluctant young comedy writer Ava (Hannah Einbinder), who's just been 'cancelled' after a tasteless tweet went viral. 'What I like about the script is that Deborah isn't a two-dimensional diva who's rude and demanding,' says Smart, who won an Emmy for the role. 'She knows what it takes to succeed, and anybody who works hard has her respect – unless she's in a bad mood.'



The cast of *The Last Bus*

NETFLIX **The Last Bus**

NEW Available: **Friday 1 April** Genre: **Sci-fi comedy** Season: **1** Episodes: **10**

In this new British adventure series, *The Umbrella Academy's* Robert Sheehan stars as tech billionaire Dalton Monkhouse, whose launch of eco-friendly robots called 'genie orbs' turns into a catastrophe when the bots vaporise everyone in the audience.

Realising they need to fight back to save humanity, a group of teens band together to combat the super-advanced robots. Setting off on a rickety old double-decker bus to find Dalton, their dangerous road trip sees them battle with towering junk monsters and a damaged genie orb with a vendetta. The series is written by Paul Neafcy, who was talent-spotted by the production company after he posted comedy videos on his YouTube channel from his bedroom.



WORDS: CAREN CLARK, JUDY EWENS, RICHARD MCCLURE. PHOTOS: ALAMY, BBC, ©2022 DISNEY AND ITS RELATED ENTITIES, ITV, NETFLIX, PRIME VIDEO, SKY

From left: Keegan-Michael Key, Karen Gillan, Leslie Mann, David Duchovny, Guz Khan, Iris Apatow and Pedro Pascal

Lockdown laughs

A group of Hollywood stars are forced to quarantine together in a Judd Apatow comedy



Gillan being attacked as Carol Cobb

NETFLIX **The Bubble**

NEW Available: **Friday 1 April**
Genre: **Comedy**

Comedy writer and director Judd Apatow brings viewers his first Netflix project this week with a new pandemic-set movie, *The Bubble*.

Doctor Who's Karen Gillan and *The Mandalorian*'s Pedro Pascal play Carol Cobb and Dieter Bravo, the Hollywood stars of fictitious action-movie sequel *Cliff Beasts 6*, who reunite in England after five years to film the latest instalment of the franchise about flying dinosaurs.

They're soon dealing with plenty of green-screen CGI as they re-create a dinosaur attack on

Everest, but when the pandemic halts production, the cast and crew are forced to hole up in a hotel.

Among those forced to quarantine are divorced actors Dustin and Lauren (David Duchovny and Apatow's real-life wife, Leslie Mann).

'The actors are trying to make a big action franchise film and they all have different levels of happy to be coming back for the sixth time,' says *The X-Files* star Duchovny.

'The movie is about the protocols you have to observe to make a movie, and then the added pressures of what it must be like for people who've been working together for so many years to then be quarantined together. You see all the petty hatreds and competition, plus the boredom and the

freak-outs, that would happen in such a pressure cooker of quarantining.'

Appropriately, *The Bubble* was also filmed in England in accordance with COVID-19 restrictions.

WORKING IT OUT

'Just to be able to work at all during the pandemic was kind of special,' says Duchovny. 'Things are starting to pick back up, but this past year hasn't been that busy. So I was really happy to be working. And I met with Judd Apatow when he was a writer on *The Larry Sanders Show* and probably in his 20s, so to be back together is really nice.'

Peter Serafinowicz and Kate McKinnon appear as studio executives, while Benedict Cumberbatch cameos as himself. And Apatow's 19-year-old daughter Iris plays Krystal Kris, a rising star.

'It's definitely a complicated world right now and we need to reflect that,' says Apatow. 'But not all the time. Sometimes you want to provide an entertaining break from all the stress.'



Leslie Mann and David Duchovny as Lauren and Dustin

+ EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



itv **holding**

The predictable routine of crisp-loving cop PJ Collins (Conleth Hill) is turned upside down in the ITV crime drama when the remains of a missing man are discovered and PJ unearths a host of secrets in the sleepy Irish village of Duneen.



sky **now** **Bloods**

Paramedics Maleek (Samson Kayo) and Wendy (Jane Horrocks) have a shift to remember when they are held hostage in the return of the Sky Comedy series, while Katherine Kelly ruffles feathers as the team's new counsellor, George.



bbc **iplayer** **The Apprentice**

After recuperating from an injury, Lord Alan Sugar's aide Claude Littner makes a welcome comeback in the penultimate episode of the BBC1 business contest, as he gives the remaining candidates a grilling in the interview round.



itv **Great Cities of the World**

Dame Joanna Lumley takes a hot-air balloon flight across Paris in the opener of her ITV travelogue, which also sees her visit Notre-Dame cathedral to examine how it is being rebuilt following 2019's fire.

60s, 70s & 80s to Soul & Motown at Warner Leisure Hotels



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Beyond Faith
a tribute to George Michael

DATE	ENTERTAINMENT	RESORT	PRICE FROM
5 Aug 2022	Simply Soul & Motown Isle of Wight Summer Party Through The Knight Gladys Knight Show, Hitzville - The Sound of Motown 8 piece band, The Soul Survivors, Reggae on the Rocks, tributes to Stevie Wonder, Ray Charles & Dionne Warwick	Warner Norton Grange Isle of Wight	£399 PP
9 Sept 2022	Back to the 60s & 70s Isle of Wight Summer Party Showaddywaddy, Memories of the Four Tops, Elvis Thru the Years, Paul da Vinci's 60s & 70s Explosion, From The Gap, Spencer James from the Searchers, The Revolvers & tributes to Cliff Richard & Tom Jones	Warner Norton Grange Isle of Wight	£399 PP
16 Sept 2022	Back to the 60s & 70s Isle of Wight Summer Party Hermans Hermits, Memories of the Four Tops, The Casuals, Union Gap UK, Jimmy Jemain as Cliff Richard, Elvis Thru the Years, The Story of the Searchers with Spencer James & Martin Jarvis as Tom Jones	Warner Norton Grange Isle of Wight	£399 PP
30 Sept 2022	Soul & Motown to Swing Party at the Castle The Three Degrees, James Williams Show Band, The Dreamers with Steve Wicketts, Tameka Jackson as Diana Ross, Hayley Ria Christian as Gladys Knight & Nat Augustin as Stevie Wonder	Warner Bodelwyddan Castle North Wales	£449 PP
21 Oct 2022	60s to Soul & Motown Somerset Autumn Festival The Three Degrees, New Amen Corner, Memories of The Four Tops, Sammy Lomax as Dusty Springfield, The Rag Dolls, Spencer James from The Searchers, Soul Kinda Wonderful & Chris Gee's comedy impressions show	Warner Cricket St Thomas Somerset	£449 PP
11 Nov 2022	Best of British Retro Music Yorkshire Christmas Party James Williams Showband Christmas Spectacular, The Beatles Experience, The Revolvers, Keith Slater's 60s Celebration, Rock Stewart as Rod, Maxine Mazumder as Dusty Springfield, Young Elton, D-Day Darlings Trio, Joseph Lee Jackson as Freddie Mercury & Chris Gee's comedy impressions show	Warner Nidd Hall Harrogate	£449 PP
18 Nov 2022	BIG Isle of Wight Thru the Decades Christmas Party The Legendaries - Les Mckeown's former touring band plays the hits of The Bay City Rollers, The Tornados, Bringing on Back the 80s with New Amen Corner, tributes to George Michael, Spandau Ballet, Elton John, Phil Collins & Dusty Springfield	Warner Norton Grange Isle of Wight	£339 PP
25 Nov 2022	The BIG Retro Music Isle of Wight Christmas Party James Williams Showband Christmas Spectacular, The Revolvers, From The Gap, Comedian Tucker, The D Day Darlings Trio, The Cilla Show - Step Inside Love, tributes to Freddie Mercury, The Beatles, Elton John & Dusty	Warner Bembridge Isle of Wight	£349 PP
2 & 9 Dec 2022	The BIG Retro Suffolk Coast Christmas Spectacular James Williams Showband Christmas Spectacular, From the Gap, Hermans Hermits, Sounds Imperial, Keith Slater, The Rag Dolls, Rock Stewart as Rod & The Revolvers	Warner Corton Hall Suffolk	£349 PP

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+ Pick of the new releases

The best new shows to enjoy this week on streaming services...

NETFLIX **Thermae Romae Novae**

Monday 28 March

Japanese manga series about an ancient Roman bath architect who finds a hidden time tunnel to a modern-day Japanese bath house where he's inspired by the bathing innovations he sees.

discovery+ **Stuck**

Tuesday 29 March

Cameras are given access to the incredible lengths that medical professionals go to treat the victims of bizarre accidents – they include foreign-body extractions and removal procedures.

NETFLIX **All Hail**

Wednesday 30 March

After he fails to predict a terrible hailstorm, a famous TV weatherman is forced to flee Buenos Aires for his birthplace of Córdoba in this Argentinian comedy drama. Stars Guillermo Francella.

Disney+ **Moon Knight**

Wednesday 30 March

Marvel superhero series centring on Marc Spector (Oscar Isaac), a mercenary who has dissociative identity disorder, and is granted the powers of an Egyptian moon god. See feature, p4.

discovery+ **Queen of Versailles Reigns Again**

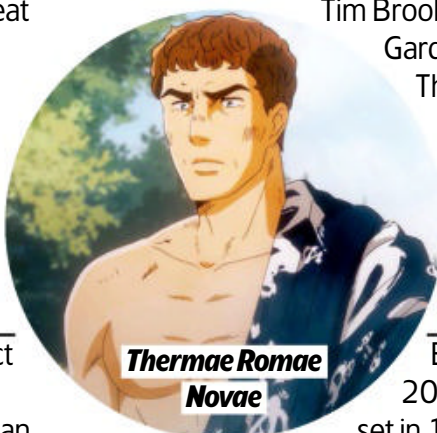
Wednesday 30 March

Ten years ago the documentary *Queen of Versailles* showed how American socialite Jackie Siegel dreamt of building the largest home in the US. A decade on, and the 90,000-square-foot home is still unfinished.

NETFLIX **Johnny Hallyday: Beyond Rock**

Tuesday 29 March

Johnny Hallyday tells his story in his own words in a docuseries which explores the life and career of the late French rock icon through archive footage and interviews.



Thermae Romae Novae

Disney+ **Death on the Nile**

Wednesday 30 March

Sir Kenneth Branagh directs and stars in a version of Agatha Christie's murder mystery. Tom Bateman and Gal Gadot are among an all-star cast as a glamorous cruise along the Nile turns into a search for a killer.

britbox **The Goodies**

Thursday 31 March

Seasons two and 5-8 of the 1970s British comedy series following the crazy antics of a trio of comedians – Tim Brooke-Taylor, Graeme Garden and Bill Oddie. The first season will be available from Friday 1 April.

britbox **The Paradise**

Thursday 31 March

Both seasons of the 2012-2013 period drama, set in 1875, portraying the lives of those who own, work and shop at England's first department store. Emun Elliott and Joanna Vanderham star.

britbox **How Not to Live Your Life**

Thursday 31 March

All three series of the 2007-2011 sitcom revolving around Don (Dan Clark) as he tries to make his way through life while his socially awkward behaviour often gets him into trouble.

britbox **Stath Lets Flats**

Friday 1 April

Season three of the BAFTA-winning comedy from 2021 starring Jamie Demetriou as incompetent estate agent Stath who's desperate to prove he's the ideal heir to his father's London flat-letting business. Demetriou's sister Natasia plays Stath's sister Sophie.

Apollo 10 1/2: A Space Age Childhood

NETFLIX **Apollo 10 1/2: A Space Age Childhood**

Friday 1 April

Animated coming-of-age film telling the story of the first moon landing in the summer of 1969 from the perspective of a boy growing up in Houston, Texas.



stv+ **Slow Horses**

Friday 1 April

Espionage drama following a team of British intelligence agents who work in the dumping-ground department of MI5 – Slough House – due to their career-ending mistakes. Gary Oldman and Dame Kristin Scott Thomas star. See feature, page 14.

prime video **Hacks**

Friday 1 April

Jean Smart stars in the first season of this comedy drama about a legendary Las Vegas stand-up comedian Deborah Vance who teams up with a young comedy writer to revive both of their careers.



All Hail

NETFLIX **The Bubble**

Friday 1 April

Judd Apatow comedy centring on a group of actors stuck inside a pandemic bubble at a hotel as they make a film about flying dinosaurs. With David Duchovny and Benedict Cumberbatch. See feature, page 17.

Disney+ **Better Nate Than Ever**

Friday 1 April

Musical comedy about Nate (Rueby Wood), a 13-year-old with big Broadway dreams who sneaks off to the Big Apple for a once-in-a-lifetime chance. With Lisa Kudrow.

NETFLIX **Get Organised with the Home Edit**

Friday 1 April

Clea Shearer and Joanna Teplin, the founders of home-organisation company The Home Edit, return to conquer more clients' clutter in season two.

britbox **I Am...**

Friday 1 April

Female-led anthology series from 2019 and 2021 comprising six stand-alone dramas starring Vicky McClure, Samantha Morton, Gemma Chan, Suranne Jones, Letitia Wright and Lesley Manville.

prime video **Joe Bell**

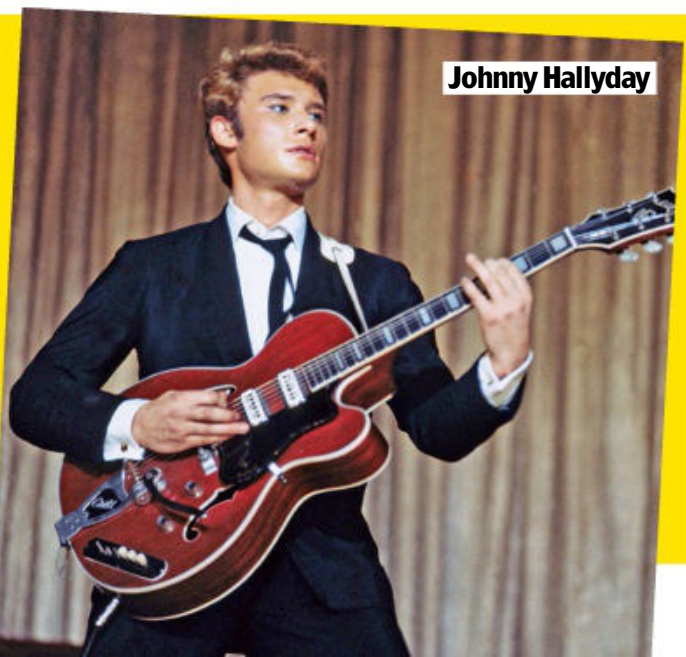
Friday 1 April

Based on a true story, this film stars Mark Wahlberg as a father who sets out on a solo walk across the US after a family tragedy. Connie Britton co-stars.

NETFLIX **The Last Bus**

Friday 1 April

Sci-fi adventure about a group of mismatched students who band together to face fearsome super-advanced robots intent on making humanity disappear. *The Umbrella Academy's* Robert Sheehan stars.



Johnny Hallyday

Documentaries



WHO killed Jimi?

Guitarist
Jimi Hendrix



Ranganathan at the
Handel & Hendrix museum

Romesh Ranganathan turns detective to investigate the death of Jimi Hendrix



Joanna Lumley's Great Cities of the World

Thursday, 9pm, ITV

This week a Holocaust survivor, an extraordinary hat-maker and an all-female motorcycle club are some of the people that Dame Joanna Lumley meets as her travel series concludes in Berlin. She also visits Old Texas Town, a replica of a Western town where she takes part in a singalong.



Rescue: Extreme Medics

Monday, 9pm, C4

Cameras follow the different NHS organisations that make up the Scottish Trauma Network, delivering urgent care across the country – from the initial emergency call to the cutting-edge procedures helping to save patients' lives, even in remote areas.



Banned! The Mary Whitehouse Story

Tuesday, 9pm, BBC2

A profile of the former teacher and anti-pornographer campaigner, who protested for 30 years against rising permissiveness in the UK. Often disregarded during her lifetime, she's now being reassessed in the light of the damaging impact that online porn is having on young people's lives.



Ranganathan with Dr Julia Shaw

NEW FACTUAL
The Misinvestigations of Romesh Ranganathan
 Sunday, 9pm (times vary), BBC2

Comedian Romesh Ranganathan is known for many things – from his TV travelogues to hosting *The Weakest Link*.

But in his new BBC2 series, he turns his attention to detective work, as he tries to crack the mysteries behind some of the world's most famous celebrity deaths – in his own unique way.

'I don't know what skills I actually have specific to private investigation, but I'm a very private person, so that probably helps,' he smiles.

In the opening episode, he looks into the death of American rock icon Jimi Hendrix, who died in a London flat in 1970, aged just 27.

PERSISTENT RUMOURS

Although an inquest concluded that he died from a drugs overdose, rumours of foul play have persisted.

'Jimi Hendrix is considered as possibly the best guitarist of all time,' says Ranganathan. 'He's a fascinating character and the fact that he died so young just contributes to the enigma.'

'If you look into Jimi's death in any kind of detail, you'll find that there are all sorts of different

theories regarding how he died. Many people believe that it wasn't as simple as it was reported.'

Like any self-respecting sleuth, Ranganathan speaks to Hendrix's friends, family and admirers to get closer to the truth, including singers Roger Daltrey, and draws on the expertise of criminal psychologist Dr Julia Shaw.

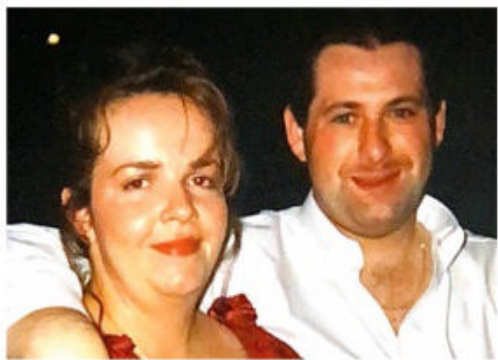
CONTROVERSIAL THEORIES

One of the theories he investigates is the role played by Hendrix's girlfriend, Monika Dannemann. The former German figure skater was with Hendrix for most of his last hours, and he died in her flat. What was the exact timeline of the fateful events? Meanwhile, he was on a CIA list of America's most subversive figures, and an FBI intelligence operation, designed to neutralise inspirational figures, had files on him. Was he bumped off?

Another seemingly fanciful theory is that he was assassinated after he ran up a big debt with the Mafia.

So, will Ranganathan be able to shed fresh light on the mystery?

'It's possible that we might find a new angle,' he says. 'But even if we don't solve it it's still worth looking into and having an in-depth examination of what happened – and maybe, just maybe, we'll uncover something new about his death and, in fact, his life.'



Getting Away with Murder: The Killing of Mary Gough

Tuesday, 10pm, Channel 5

In 2001, Mary Gough was found dead, having supposedly fallen down the stairs at her home in Ireland. But when a post-mortem revealed she'd been strangled, police began investigating her husband, Colin Whelan, who was due to receive £400,000 life insurance if she died.



Cruising with Susan Calman

Friday, 9pm, Channel 5

After sailing along the chilly coast of Norway in last year's Christmas special, Susan Calman experiences some warmer weather in her new series as she sets off on a series of voyages to the Canary Islands, Madeira and the Spanish port of Vigo. Her first port of call is the island of Gran Canaria.



Royal Marines on patrol during the conflict

Minutes
 from defeat

The real story of Britain's battle to retake the Falklands

NEW HISTORY

Falklands War: The Untold Story

Sunday, 9pm, C4



Argentinian soldiers captured at Goose Green

It's 40 years since a British task force set sail for the South Atlantic on a mission to reclaim the Falkland Islands after they were invaded by Argentinian forces.

The conflict proved a turning point for Margaret Thatcher's Conservative government and restored the nation's pride following the economic troubles of the 1970s.

Now, a new C4 documentary tells the real story of the war through the accounts of military officers on the ground.

There were only 73 days between the Argentinian invasion on 2 April 1982 and their surrender at Port Stanley on 14 June, but few people know just how close the British came to losing the war.



Sir Michael Rose

SPEAKING OUT

'The truth certainly needs to be told about some of the things that went wrong,' says Sir Michael Rose, commander of elite special forces regiment 22 SAS during the conflict. 'This is the first time I've spoken about the war, but after 40 years it's time the full story was told.'

Rose explains how the 30,000 young soldiers, sailors and aircrew who comprised Britain's task force were badly organised and poorly equipped for the mission at hand.

One moment that sticks in Rose's mind was when his forces were moving to take Mount Kent, a tactical stronghold that overlooked Port Stanley, when his commanders

ordered a change of direction towards Goose Green.

DESPERATE

'It was a total shock to me,' he explains. 'We were suddenly held up on our main advance and ordered to attack an unnecessary target.'

The order came from impatient politicians who were desperate for positive headlines.

'Because we hadn't moved to Mount Kent when we should have done, we were discovered by the Argentinians,' says Rose. 'By the time we got there their special forces had almost taken the target, which would have meant they were able to rain down fire on our reinforcements. And that would have been game over – we were 10 minutes away from losing the war.'

reviewed by **Total Film Magazine**

Films *This week's*

Crime pays: Ray, Alessandro and Mob



THE MANY SAINTS OF NEWARK

PREMIERE OF THE WEEK

Alessandro Nivola heads the cast in this violent, gripping, darkly funny and deeply human prequel to *The Sopranos*

CRIME DRAMA

Friday, 12.40pm & 8pm,
Sky Premiere

★★★★★

This blistering prequel to the groundbreaking TV show *The Sopranos* (which ran from 1999-2007) is everything fans want.

The story covers the mid-1960s to early-1970s with Tony Soprano still at school (well, when he's not grifting). He dreams of playing in the NFL and clearly soaks up his older relatives' actions. He's played by William Ludwig then Michael Gandolfini – son of the late James

(so memorable, of course, as Tony in the TV series).

With Tony's father (Jon Bernthal) in jail and his mother (Vera Farmiga) at her wits' end, the spotlight falls on Dickie Moltisanti (Alessandro Nivola), the man young Tony looks up to. The plot kicks in with Dickie's violent father Aldo 'Hollywood Dick' Moltisanti (Ray Liotta) returning from Italy.

In a grasp for power, the volatile Dickie is horrifying in his actions. The narrative dovetails with real life as the 1967 Newark Race Riots

erupt. Racial tensions between the Italian-American and African-American communities boil over, symbolised by Dickie's conflict with Harold McBrayer (Leslie Odom Jr), a hired gun entwined in Dickie's personal life.

Co-scripted by *The Sopranos*' creator David Chase and Lawrence Konner (who penned a number of episodes), it's a highly compelling origin story. Nivola and Liotta are standouts in a first-rate cast, while younger versions of familiar characters – Uncle Junior (Corey Stoll), Silvio Dante

(John Magaro) and Big Pussy (Samson Moeakiola) – weave in and out of a story that simmers for the first hour, before escalating, thrillingly, in the final stages.

A slightly bizarre idea that sees the film narrated from the grave by Christopher (Michael Imperioli) doesn't entirely work. But, for the most part, director Alan Taylor hardly puts a foot wrong, recapturing the show's spirit and deftly establishing the world of violence and easy money that will ultimately sway Tony. JM 2021, 15, 120MIN

STAR RATINGS ★★★★★ Excellent ★★★★★ Very good ★★★ Good ★★ Average ★ Poor

Premieres



HORROR THRILLER

Don't Breathe 2

Saturday, 10.30pm, Sky Premiere ★★★

Rather than rehash the unbearably tense and sweaty original, director and co-writer Rodo Sayagues pulls a bait and switch by turning the monster from the first film into the saviour here. Stephen Lang's blind veteran has dumped his despicable ways to care for a young girl (excellently played by Madelyn Grace), but when some very bad men come a-calling, he goes back to what he knows best. This sequel is not as good as the original, but it's gruesome, visceral fun with a few twists in the tail and, again, Lang gives a bravura performance. NP 2021, 15, 98MIN

Stephen's a bit shattered

COMEDY

People Just Do Nothing: Big in Japan

Sunday, 11.55am & 8pm, Sky Premiere ★★★

The Kurupt FM crew is back, almost three years after the Season 3 finale of their BBC mock-doc series. This continuation follows a well-worn TV-to-film path by taking MC

Grindah (Allan Mustafa) and the other characters abroad; having hit the big time in Japan thanks to a surreal gameshow, Kurupt must navigate success in a confusing Tokyo landscape. It's frequently hilarious, if utterly predictable – but if you're a fan of these ridiculous underdogs, add an extra star. LL 2021, 15 97MIN



Following the music: the Kurupt lads

PAY-PER-VIEW PREMIERES

The pick of the week's films on Sky, Virgin and other platforms

A world-class cast lines up



ACTION THRILLER

The 355

From Mon 28 March ★★★

Sex ●●● Violence ●●● Language ●●●

Can a group of top female spies from all over the globe prevent a world-ending gizmo falling into the wrong hands? Jessica Chastain, Lupita Nyong'o, Diane Kruger, Penélope Cruz and Bingbing Fan elevate this routine thriller in a perfect example of what truly excellent actors bring to the party, regardless of the material. The men, including Sebastian Stan and Jason Flemyng, play second string in an enjoyable, if utterly disposable, caper that contains a couple of cracking action set-pieces but too little invention. It could have been so much better, but the women bring their A-game and deliver more than this deserves. NP 2022, 12, 122MINS

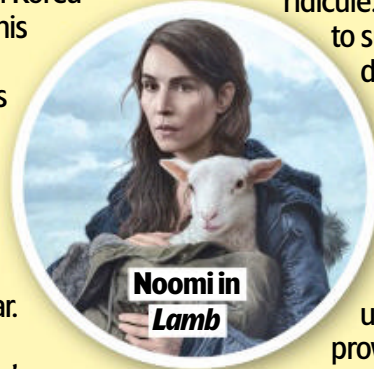
ACTION

Escape from Mogadishu

From Fri 25 March ★★★

Sex ●●● Violence ●●● Language ●●●

North and South Korea are reunited in this based-on-real-events thriller, as diplomats from both sides join forces to flee the Somali capital in the throes of civil war. Writer-director Ryoo Seung-wan's has a way with a set-piece, whether it's a tense stand-off with gun-toting rebels or a thrilling bid to reach the Italian embassy. But the film's comic flourishes and bombastic soundtrack set the wrong tone, while the depiction of the Somalis leaves an unpleasant aftertaste. CS 2021, 15, 121 MIN



Noomi in Lamb

paid for going against the dictates of nature and the bounds of common sense. It's a price worth paying, though, for a riveting horror fantasy that holds us rapt even as it invites our derision and ridicule. We are willing to suspend our disbelief all the way from the creepy start – a *Shining*-esque tracking shot following the POV of an unseen predator prowling through a snow-blown landscape – all the way through to its thoroughly unhinged finale. NS 2021, 15, 106MIN

DRAMA

Rurangi

From Mon 28 March ★★★★★

Sex ●●● Violence ●●● Language ●●●

Trans man Caz (an effortlessly moving Elz Carrad) returns to his rural home town after a decade away in Auckland, where he transitioned, to reconnect with his estranged father. As in many hometown-return dramas, old wounds are reopened, skeletons dug up and lost bonds reforged. Supporting Carrad is a refreshingly gender-diverse and very talented cast who make a story that's a little lean (and sometimes struggles with its higher emotions) feel more than worthwhile. A low-key but endearing, hope-dappled drama. EE 2020, 15, 87MIN

HORROR FANTASY

Lamb

From Mon 28 March ★★★★★

Sex ● Violence ●●● Language ●●●

A quietly bonkers fable about a pair of Icelandic sheep farmers (Noomi Rapace and Hilmir Snær Guðnason) who find a stranger in the manger that upends their monastically Spartan existence. Opting to raise this unexpected newborn as their own, Noomi Rapace and Hilmir Snær Guðnason discover there is a price to be

FilmFinder

The best of the week at a glance

Classic



Dial M for Murder

Sunday, TCM, 1.30am ★★★★★

Director Alfred Hitchcock conjures up some effective suspense as the marriage of Grace Kelly's cool heiress and Ray Milland's slick schemer takes a turn for the worse. 1954, PG, 101MIN



Gambit

Wednesday, GREAT! movies classic, 9pm ★★★

A fun comedy thriller with a twisty plot in which Michael Caine's cockney burglar teams up with Shirley MacLaine's showgirl to steal a statue. 1966, U, 109MIN



Goodfellas

Thursday, Sky Thriller, 9pm ★★★★★

One of director Martin Scorsese's best films, this superb gangster drama boasts Ray Liotta, Robert De Niro, Lorraine Bracco and Joe Pesci among its heavyweight cast. 1994, 15, 103MIN



Kind Hearts and Coronets

Friday, Talking Pictures TV, 3.35pm ★★★★★

A fiendishly funny black comedy that provides a brilliant showcase for Alec Guinness, who plays all eight members of an aristocratic family. 1949, U, 106MIN

Horror



The Furies

Saturday, Film4, 11.20pm ★★★

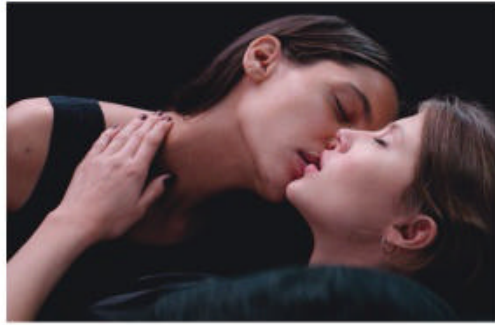
Airlie Dodds is kidnapped and awakes to find herself in the Australian Outback with other women, hunted by men in grotesque costumes. An unbelievably gory shocker. 2019, 18, 82MIN



Jeepers Creepers

Tuesday, Horror Channel, 9pm ★★★★★

Fasten your seatbelts for a chilling monster movie that takes a genuinely unnerving ride along the backroads of America with terrified siblings Justin Long and Gina Philips. 2001, 15, 91MIN



Thelma

Tuesday, Film4, 1.40am ★★★★★

In this superb chiller, Eili Harboe's shy Norwegian teen arrives at university, where she struggles to deal with newfound stirrings and telekinetic abilities. Subtitled. 2017, 15, 112MIN



Spell

Thursday, Sky Sci-Fi/Horror, 9.45am & 12.40am ★★★

After crashing his plane, Omari Hardwick is nursed by the zealously attentive Loretta Devine – helped by dark magic... Grisly fun. 2020, 15, 91MIN

Drama



The Island on Bird Street

Sunday, AMC, 6.55pm ★★★★★

During the Nazi occupation of Poland, a Jewish boy (Jordan Kiziuk) hides after being separated from his father (Patrick Bergin) and grand-uncle (Jack Warden). A powerful drama. 1997, PG, 107MIN



Let Him Go

Monday, Sky Thriller, 1.40pm ★★★

Diane Lane and Kevin Costner are a couple who, after their son's death, share their house with his boy and widow. Violence emerges, though, when their peace is threatened. 2020, 15, 103MIN

EDITOR'S CHOICE



Tolkien

Thursday, Film4, 9pm ★★★★★

This deeply moving biopic about the early life of *The Hobbit* and *The Lord of the Rings* author JRR Tolkien traces the emotional roots of the mythical world he would go on to create back to his rural childhood as an orphan, his schooldays in turn-of-the-last-century Birmingham, and the trenches of World War One. Nicholas Hoult and Lily Collins shine as the writer and his wife, fellow orphan Edith. 2019, 12, 107MIN

Thriller



The Forgotten

Saturday, AMC, 9pm ★★★★★

This neat tale boasts a very determined heroine Julianne Moore and an intriguing story about her grieving for a dead son everyone says never existed. Dominic West also stars. 2004, 12, 91MIN



The Rhythm Section

Monday, Film4, 9pm ★★★

Having lost her family in a terrorist bombing, Blake Lively's Oxford graduate is offered the chance for revenge in a competent, if never wholly convincing, action thriller. 2019, 15, 109MIN



Buried

Tuesday, Film4, 11.50pm ★★★★★

Playing on your worst nightmare, this heart-stopping thriller never loses its grip as Ryan Reynolds' kidnapped truck driver wakes up inside a coffin with just a lighter and a mobile phone. 2010, 15, 95MIN



Side Effects

Friday, Sky Thriller, 3.55pm ★★★★★

Director Steven Soderbergh conjures up plenty of suspense in this tense medical mystery, which stars Jude Law, Rooney Mara, Catherine Zeta-Jones and Channing Tatum. 2013, 15, 106MIN

Weekend movies

CHANGE YOUR CLOCKS...
Don't forget – the clocks go **forward one hour** at 1am on Sunday morning



PICK OF FILMS ON NETFLIX & DISNEY+

Our pick of On Demand films

Saturday 26 March

DRAMA

Dream Horse

8pm, Sky Drama

★★★★

Sex ●●● Violence ●●● Language ●●●

This spirited movie is an unlikely but appealing winner, as lively and determined as hero Dream Alliance, the racehorse champion bred on a Welsh allotment by Jan Vokes (Toni Collette). The real-life underdog tale offers a familiar mix of promise, near-tragedy and a nail-biting finish. However, Collette and Damian Lewis are excellent leads, there's a fine supporting cast including Lynda Baron (who died earlier this month) and Owen Teale, and the heart-pumping race action puts you right in the saddle. 2020, PG, 108MIN



Horse play: Toni and Owen have a Dream

SCI-FI HORROR

Alien: Covenant

10pm, C4

★★★

Sex ●●● Violence ●●● Language ●●●

In this sequel to 2012's *Prometheus*, we know what horrors lie in store for Katherine Waterston's Ripley-like heroine and her crew on the colony ship *Covenant*, so brace yourself for another round of face-huggers, chest-busters and astronauts being chased down spaceship corridors by a slaving xenomorph. Michael Fassbender's eerie android turns out to be far scarier, though, and by far the movie's best feature. 2017, 15, 122MIN

FANTASY

Avengers: Age of Ultron

10.20pm, BBC1

★★★

Sex ●●● Violence ●●● Language ●●●

With so many characters, the second joint adventure for Marvel's A-team may leave you feeling befuddled rather than dazzled. You certainly need to pay attention to cope with the plot in which Iron Man Robert Downey Jr's robot goes rogue and aims to destroy humanity. The CGI battles are great, but most impressive is the quieter scenes between Mark Ruffalo's Hulk and Scarlett Johansson's Black Widow. 2015, 12, 141MIN

BIOPIC

Jackie

12.20am, C4

★★★★

Sex ●●● Violence ●●● Language ●●●

Natalie Portman conveys a compelling mix of traumatised frailty and steely resolve in this close-up portrait of one of the 20th-century's most iconic women, Jackie Kennedy. The film ricochets back and forth between events in the hours and days following her the assassination of her husband, US president John F Kennedy, in Dallas in November 1963, and Portman's portrayal of shell-shocked sorrow is searing in its intensity. 2016, 15, 99MIN

Also on Saturday

Man on a Ledge
7pm, AMC

★★★

Sam Worthington's the man in question in a giddy thriller.

The Forgotten
9pm, AMC

★★★★

See FilmFinder page 24.

The Ladykillers
9pm, GREAT! movies classic

★★★★★

Alec Guinness leads a gang of crooks in an all-time great comedy.

Don't Breathe 2
10.30pm, Sky Premiere

★★★

See Premieres page 23.

The Furies
11.20pm, Film4

★★★

See FilmFinder page 24.

Full listings start on p35

Sunday 27 March

MUSICAL FANTASY

La La Land

11.05pm, BBC1

★★★★

Sex ●●● Violence ●●● Language ●●●

The winner of six Oscars, writer-director Damien Chazelle's homage to the golden age of Hollywood musicals is a delight. Opening with a bravura sequence in which a traffic jam on an LA flyover turns into a stunningly choreographed dance routine, the movie goes on to explore the bittersweet love story of two Hollywood hopefuls – Emma Stone's aspiring actress, Mia, and Ryan Gosling's purist jazz pianist, Sebastian. The stars are utterly beguiling in this joyous and uplifting movie. 2016, 12, 128MIN



Piano man: Ryan hits the notes

COMEDY ADVENTURE

A Knight's Tale

1.30pm, C4

★★★

Sex ●●● Violence ●●● Language ●●●

In medieval England, lowly born Heath Ledger invents a new noble identity for himself and becomes a top talent on the jousting circuit. This is full of fun, with a rousingly anachronistic rock music soundtrack, a lip-curling performance from Rufus Sewell as the villain, an entertaining turn from Paul Bettany as writer Geoffrey Chaucer and Shannyn Sossaman as the romantic interest. 2001, PG, 132MIN

MUSICAL COMEDY

Mamma Mia!

4pm, ITV

★★★★

Sex ●●● Violence ●●● Language ●●●

Fans of ABBA's fabulous stage musical will need no introduction to this glitzy adaptation. Some of the vocals are ropery, but just let yourself be swept along by the sheer exuberance of it all. Meryl Streep kicks up a storm as a hippie running a hotel on a Greek island, whose daughter (Amanda Seyfried) is getting married and wants to meet her dad – so secretly invites her mother's ex-lovers (Pierce Brosnan, Colin Firth and Stellan Skarsgård). 2008, PG, 109MIN

BIOPIC

Molly's Game

10pm, BBC2 (10.30pm Wales, not Northern Ireland)

★★★★

Sex ●●● Violence ●●● Language ●●●

You'll need your wits about you to keep up with this compelling, superbly acted biopic starring Jessica Chastain as Molly Bloom, the one-time Olympic-level skier who ran high-stakes underground poker games for A-listers for more than a decade until she fell foul of the FBI. It's great fun trying to guess who the celebrities are, while Michael Cera, Kevin Costner and Idris Elba lend sharp support. 2017, 15, 140MIN

Also on Sunday

People Just Do Nothing: Big in Japan

11.55am & 8pm, Sky Premiere

★★★

See Premieres page 23.

Monsters vs Aliens
2pm, BBC1

★★★

The title says it in a fun animation.

Dante's Peak
2.10pm, Channel 5

★★★

Danger erupts around Pierce Brosnan and Linda Hamilton.

The Island on Bird Street
6.55pm, AMC

★★★★

See FilmFinder page 24.

Dial M for Murder
1.30am, TCM

★★★★

See FilmFinder page 24.

Full listings start on p45



Stephen lets off steam

DRAMA

NETFLIX Boiling Point

From Wed 23 March ★★★★★

Sex ●●● Violence ●●● Language ●●●

Stephen Graham cooks up a storm as head chef of a highbrow London restaurant who, even before customers arrive with their demands on a big night, is poised to explode, supply problems and hygiene inspectors among the problems on his plate. Though some plot twists are forced, writer-director Philip Barantino's one-shot drama – imagine *Masterchef* having a panic attack – has to be admired and, from starter to disaster, Graham keeps us glued to the screen. KH 2021, 15, 92MIN



Jessica shows her nice side

BIOPIC

Disney+ The Eyes of Tammy Faye

From Wed 23 March ★★★★★

Sex ●●● Violence ●●● Language ●●●

Jessica Chastain celebrates kindness and inclusivity in this biopic of TV evangelist Tammy Faye Bakker. Chastain goes for broke as she charts Tammy's rise from humble beginnings to wealth and superstardom and fall when husband Jim (Andrew Garfield) was found guilty of fraud. The unbalanced tone is a flaw, but the fashion and make-up are fun and watching a ridiculed 1990s Tammy triumph with her commitment to positivity is genuinely uplifting. JC 2021, 12, 126MIN

Weekday movies

Monday 28 March

ROMCOM

The Broken Hearts Gallery

8.10am & 1.20am, Sky Cinema Comedy

★★★★

Sex ●●● Violence ●●● Language ●●●

This winning romcom stars Geraldine Viswanathan as Lucy, an unlucky-in-love New Yorker who hoards trinkets of all her failed romances. After yet another relationship bites the dust, she drunkenly gets into a car she thinks is a taxi, only to find lovelorn Nick (Dacre Montgomery) behind the wheel. He's a would-be hotelier whose unfinished inn might be the perfect space to display her trinkets – and others' too. The stars shine in this charming, warm and genuinely witty movie. 2020, 12, 109MIN

Sitting comfortably:
Geraldine and Dacre



THRILLER

American Gangster

10pm, Sky Thriller

★★★★

Sex ●●● Violence ●●● Language ●●●

A slow-burning real-life crime drama with Denzel Washington as chauffeur Frank Lucas, who reinvented himself as a crime kingpin in 1970s New York, using the Vietnam War as a cover for importing heroin from Asia and building a criminal empire from the proceeds. His rise up the underworld ladder is juxtaposed with the efforts of idealistic cop Richie Roberts, played with gruff charm by Russell Crowe, to bring him down. 2007, 18, 157MIN

DRAMA

The Shawshank Redemption

11.05pm,

Sky Oscars

★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Frank Darabont has been responsible for two excellent adaptations of jail-set stories by Stephen King: the Tom Hanks fantasy *The Green Mile* and this gripping drama starring Tim Robbins as an accountant wrongly jailed for killing his wife and her lover. Morgan Freeman is superb as a veteran jailbird who befriends him and steers him through prison life. 1994, 15, 142MIN

DRAMA

Spotlight

11.40pm, BBC2

(not NI)

★★★★★

Sex ●●● Violence ●●● Language ●●●

This Oscar-winning drama chronicles the dogged efforts in 2001 by a team of *Boston Globe* reporters to expose the Roman Catholic Church's cover-up of child sex abuse by priests. There is nothing flashy about this drama, but its sober treatment of the story proves absolutely riveting. The film is helped enormously by a terrific cast headed by Mark Ruffalo, Michael Keaton and Rachel McAdams. 2015, 15, 129MIN

Also on Monday

Let Him Go

1.40pm, Sky Thriller

★★★

See FilmFinder page 24.

300

4.15pm, Sky Action

★★★★★

An eye-popping version of Frank Miller's cult comic-book.

The Perks of Being a Wallflower

6.05pm, Sky Drama

★★★★★

A heartfelt coming-of-age tale starring Logan Lerman.

The Rhythm Section

9pm, Film4

★★★

See FilmFinder page 24.

What We Do in the Shadows

11.30pm, BBC3

★★★★★

A hilarious vampire movie spoof.

Full listings start on p55

Tuesday 29 March

DRAMA

Nobody

2pm, Sky Action

★★★★★

Sex ●●● Violence ●●● Language ●●●

Bob Odenkirk plays a jaded man facing the diminishing returns of a monotonous, middle-aged, middle-class suburban existence. But his previous life as a ruthless assassin comes to the fore following a home invasion and a simple act of retribution quickly escalates into a full-on war with the Russian mob. Odenkirk does a remarkable job of convincing us that he's the most dangerous man in town, plunging the viewer into a breathless succession of brutal and inventive murder set-pieces. 2021, 15, 92MIN

Bob is armed and dangerous



THRILLER

Focus

9pm, Sky Hits

★★★

Sex ●●● Violence ●●● Language ●●●

Will Smith's slick confidence trickster takes Margot Robbie's inexperienced grifter under his wing for a series of scams in New Orleans. Then their paths cross again in Buenos Aires three years later in the midst of an elaborate con game involving Rodrigo Santoro's millionaire Formula 1 racing team owner. As the plot twists and turns, the trickery is often dazzling, even if the eventual outcome may not come as a surprise. 2015, 15, 105MIN

DRAMA

A Monster Calls

11.15pm, BBC2

★★★

Sex ●●● Violence ●●● Language ●●●

A bullied English schoolboy (Lewis MacDougall) comes to terms with the trauma of his mother's terminal illness by conjuring up a giant monster out of an ancient, graveyard yew tree in this moving live-action fantasy drama. Director JA Bayona does a spectacular job of realising the monster's rampaging nightly visitations, and the result is a movie that is scary in places, sad in others, but ultimately uplifting. 2016, 12, 108MIN

SCI-FI

Tomorrowland

11.50pm, BBC1

★★★

Sex ●●● Violence ●●● Language ●●●

Inspired by a Disney theme park ride, this sci-fi adventure attempts to give us a dose of the space-race optimism of the 1960s as an antidote to today's cynicism and apocalyptic fears. George Clooney's grumpy recluse teams up with Britt Robertson's lively teen and Raffey Cassidy's enigmatic little girl for a world-saving race against time. It's convoluted but director Brad Bird gives their quest plenty of vim. 2015, 12, 130MIN

Also on Tuesday

The Martian

6.10pm, Film4

★★★★★

Matt Damon's stranded on Mars in a gripping sci-fi.

Along Came Polly

9pm,

Comedy Central

★★★

An amusing romcom starring Ben Stiller and Jennifer Aniston.

Jeepers Creepers

9pm, Horror Channel

★★★★★

See FilmFinder page 24.

Buried

11.50pm, Film4

★★★★★

See FilmFinder page 24.

Thelma

1.40am, Film4

★★★★★

See FilmFinder page 24.

Full listings start on p65

Wednesday

WHODUNNIT

Death on the Nile

On demand, Disney+

★★★

Sex ●●● Violence ●●● Language ●●●

Kenneth Branagh is back directing and starring as 'tached 'tec Hercule Poirot in his second Agatha Christie mystery (following 2017's *Murder on the Orient Express*). It's another star-crammed, handsome

Killing time: Kenneth watches the suspects



PREMIERE

SCI-FI

Synchronic

6am & 1.50am,

Sky Sci-Fi/Horror

★★★★★

Sex ●●● Violence ●●● Language ●●●

Jaded New Orleans paramedics Anthony Mackie and Jamie Dornan keep getting called to the scenes of bizarre overdoses in this brain-twisting sci-fi. The reason is the designer drug of the title that has incredible, if alarming, transportive powers. To reveal more would be unfair, so sit back and admire the acting and visual flair, especially a drone shot that spins to show the city upside down, then the stars above. 2020, 15, 102MIN

ANIMATION

Fantastic Mr Fox

3.30pm,

Sky Animation

★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Wes Anderson displays a deft touch with this family friendly stop-motion animated version of Roald Dahl's novel about a farmer who tries to put an end to Mr Fox's days as a chicken stealer. Lovingly crafted and featuring a stellar voice cast – George Clooney, Meryl Streep, Michael Gambon, Bill Murray et al – it is a wonderfully eccentric, humorous and bittersweet tale with universal appeal. 2009, PG, 87MIN

film as Poirot investigates murder aboard a paddle steamer on the Nile. Gal Gadot, Armie Hammer, Russell Brand, Rose Leslie, Dawn French and Jennifer Saunders are among the numerous suspects in a comforting, old-school whodunnit that may not make waves but shouldn't be given a wide berth, either. 2021, 12, 127MIN



DRAMA

Brassed Off
11.20pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●
As its Yorkshire pit faces closure, the Grimley Colliery Band – led by a magnificent Pete Postlethwaite – plays on. There's fun romantic sparring for Ewan McGregor and Tara Fitzgerald, while community spirit, anti-government anger and uproarious farce are here aplenty in a film that keeps its story gritty and real. Featuring the real Grimethorpe Colliery Band, this is a worthy movie epitaph for a once great industry. 1996, 15, 105MIN

Also on Wednesday

The Other Guys
10.45am & 6.10pm, Sky Cinema Comedy ★★★★★
A hoot of a crime comedy with Mark Wahberg and Will Ferrell.

King Rat
4.30pm, GREAT! action ★★★★★
George Segal stars as a PoW.

Limitless
8pm, Sky Action ★★★★★
Bradley Cooper brainstorms.

Gambit
9pm, GREAT! movies classic ★★★★★
See FilmFinder page 24.

Van Helsing
10.30pm, ITV4 ★★★★★
Hugh Jackman hunts vampires.

Full listings start on p75

Thursday 31 March

COMEDY THRILLER

Thoroughbreds

1.50am, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Part satirical black comedy, part nail-biting suspense thriller, this modern film noir stars Olivia Cooke and Anya Taylor-Joy as a pair of posh Connecticut teenagers who, unbound by morals and convinced of their social superiority, hatch a murder plot. The duo are chillingly amoral, but they keep us engaged as their scheme gathers momentum. In his final film role, Anton Yelchin is on compelling form as a small-time drug dealer who is roped in to help to carry things out. 2017, 15, 93MIN



Olivia and Anya get it off their chess

ACTION

Ready Player One
7.55pm, BBC3 ★★★★★

Sex ●●● Violence ●●● Language ●●●
An adventure tale whose plot revolves around the pleasures of losing yourself in fantasy worlds, director Steven Spielberg's film is an exuberantly entertaining thrill ride that zips along on a tide of breathless action and boundless pop-culture trivia. The setting is 2045, and Tye Sheridan's young orphaned hero and his friends are trying to solve a fortune-bestowing puzzle hidden inside a virtual reality world. 2018, 12, 140MIN

ROMCOM

Book of Love
8pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●
Awkward, stiff author Sam Claflin learns that his dour, unsuccessful romantic novel is a hit in Mexico and is packed off there for a book tour. After arriving in the country, though, he's horrified to learn that his book's translator, Verónica Echegui, has rewritten it into a steamy – and hugely popular – erotic novel. The ensuing complications are thoroughly predictable, but Claflin and Echegui are very pleasant company. 2022, 12, 106MIN

THRILLER

Split
11.15pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●
This enjoyable psychological thriller from writer-director M Night Shyamalan supplies mystery, suspense and a meaty role for James McAvoy as a man who possesses 23 personalities. One of his alter-egos snatches three teenagers (Anya Taylor-Joy, Haley Lu Richardson and Jessica Sula) and holds them prisoner in his underground lair, where they try to play off his characters against each other in order to escape. 2016, 15, 117MIN

Also on Thursday

Spell
9.45am & 12.40am, Sky Sci-Fi/Horror ★★★★★
See FilmFinder page 24.

Goodfellas
9pm, Sky Thriller ★★★★★
See FilmFinder page 24.

Tolkien
9pm, Film4 ★★★★★
See Editor's Choice page 24.

Cliffhanger
10.30pm, ITV4 ★★★★★
Sylvester Stallone's ace climber takes on John Lithgow's baddie.

How to Get Ahead in Advertising
1.35am, Film4 ★★★★★
Richard E Grant is on the boil.

Full listings start on p85

Friday 1 April

COMEDY

Withnail & I

1.45am, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This brilliant, oft-quoted masterpiece is one of the great British comedies. Richard E Grant's Withnail and Paul McGann's I are out-of-work actors in the 1960s who share a squalid Camden flat. They decide to take a break and visit the Penrith cottage owned by Withnail's eccentric uncle Monty (Richard Griffiths) – but the holiday is not all it's cracked up to be... Writer-director Bruce Robinson's dialogue is priceless – and Withnail's final, poignant speech is the icing on a perfect cake. 1986, 15, 107MIN



Richard keeps a straight face

SCI-FI THRILLER

Anon
8.10am & 4.10pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●
In a near-future New York, there is no privacy and total surveillance, which makes solving crimes a breeze. So Clive Owen's jaded detective is baffled when dead bodies start turning up and he is unable to pinpoint the suspect, enigmatic Amanda Seyfried. The moody, film noirish look and the stars are just right and this thriller is spot on when it comes to our angst about snooping and sharing. 2018, 15, 100MIN

BIOPIC

Extremely Wicked, Shockingly Evil, and Vile
4pm, Sky Hits ★★★★★

Sex ●●● Violence ●●● Language ●●●
Zac Efron puts his clean-cut good looks to chilling use in this crime drama, helping to tell how notorious serial killer Ted Bundy got away with murder. The charismatic Bundy killed at least 30 women in seven states across the US in the 1970s, and director Joe Berlinger makes Bundy's outward charm, not his secret grisly crimes, the focus of the movie. 2019, 15, 110MIN

COMEDY

Delivery Man
8pm, Sky Cinema Comedy ★★★★★

Sex ●●● Violence ●●● Language ●●●
Vince Vaughn's slacker is sent into a spin when he discovers that, thanks to copious sperm donations to a fertility clinic in the 1990s, he's the biological father of 533 children! It's a great idea for a comedy (it's a remake of a 2011 film, *Starbuck*) and an ideal Vaughn is goofy and charming as he starts meddling in the kids' lives. It does get sentimental, but there are easy laughs along the way. 2013, 12, 104MIN

Also on Friday

The Many Saints of Newark
12.40pm & 8pm, Sky Premiere ★★★★★
See Premieres page 22.

Kind Hearts and Coronets
3.35pm, Talking Pictures ★★★★★
See FilmFinder page 24.

Side Effects
3.55pm, Sky Thriller ★★★★★
See FilmFinder page 24.

The Meg
9pm, 5Star ★★★★★
Jason Statham battles a big shark.

The Magnificent Seven
10.45pm, ITV ★★★★★
Denzel Washington gathers a gang in this decent remake.

Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

International friendlies

England warm up for the World Cup with a **double-header at Wembley**

LIVE FOOTBALL

Saturday & Tuesday, Sky Sports Main Event, Sky Sports Football & Sky Sports Premier League

With the World Cup finals kicking off on 21 November, England begin preparations for Qatar with two international friendlies at Wembley.

The Three Lions qualified with a 10-0 thrashing of San Marino in November, and now Gareth Southgate's men face Switzerland (Saturday, Sky Sports Main Event & Sky Sports Football, kick-off 5.30pm) and Ivory Coast (Tuesday, Sky Sports Main Event & Sky Sports Premier League, kick-off 7.45pm) in their first matches of 2022.

With crucial Nations League fixtures also taking place in June, Southgate will want to cast his eye over all his options.

The first name on his team sheet will surely be Spurs striker Harry Kane, whose four goals against San Marino drew him level with Gary Lineker on 48 England goals. Only Sir Bobby Charlton and Wayne Rooney are now ahead of Kane in the all-time goalscorers list.

England's 39 goals was their highest tally in any European or World Cup qualifying campaign, and there will be huge competition for places among the Premier League's top stars.

Arsenal's Emile Smith Rowe scored against San Marino in his first England start and will want to cement his place in the squad, while Crystal Palace's Conor Gallagher also impressed on his debut.

Saturday's opponents, Switzerland, qualified for Qatar by finishing top of their group ahead of European champions Italy (see panel, right). Former Liverpool star Xherdan Shaqiri, now playing in the MLS for Chicago Fire, remains a threat at the age of 30 and recently won his 100th cap.

Meanwhile, Ivory Coast failed to qualify for Qatar, but the Elephants should still provide England with a stern test with a side that could feature Manchester United

defender Eric Bailly, Ajax's in-form striker Sébastien Haller, and Crystal Palace's Wilfried Zaha, who could become the first in the modern era to play for and against England after two caps under Roy Hodgson.

England have never played the Ivorians before, while the friendly marks the first time the Three Lions have faced non-European opposition since 2018.



Ivory Coast's Wilfried Zaha



Young star Emile Smith Rowe



England captain Harry Kane

THE MAIN EVENT

DESTINATION QATAR

Two more places at the World Cup finals will be decided this week when the UEFA play-off finals take place on Tuesday (Sky Sports Football & Sky Sports Main Event, kick-offs 7.45pm).

The finalists had yet to be decided as we went to press, but the last two European champions, Italy and Portugal, could meet if they win their respective semi-finals against North Macedonia and Turkey.

With Scotland's semi-final postponed due to Russia's invasion of Ukraine, this week's other final will see Poland take on Sweden or Czech Republic in Chorzów.



Portugal legend Cristiano Ronaldo

LIVE CRICKET

Indian Premier League

From Sat, Sky Sports World Cup & Sky Sports Main Event

There are plenty of England stars to cheer on as the new IPL season gets underway on Saturday with a repeat of last year's final as champs Chennai Super Kings play Kolkata Knight Riders in Mumbai. All-rounder Chris Jordan was signed by Super Kings in February's auction, with Sam Billings and Alex Hales joining Kolkata. Meanwhile, batter Liam Livingstone debuts for his new team, Punjab Kings, on Sunday after becoming the most expensive foreign player in the 2022 auction.



Liam Livingstone playing for Birmingham Phoenix last year



Nathan Chen

LIVE FIGURE SKATING

World Championships

Saturday, Eurosport 1

Olympic champion Nathan Chen is back on the ice in Montpellier where the American will be looking to add the world title to his CV. He'll be up against a strong Japanese contingent but Yuzuru Hanyu, who missed a medal in Beijing after failing to land the first-ever quadruple axel, is injured. The men's singles is followed by the ice dance, with France's Olympic champions Gabriella Papadakis and Guillaume Cizeron in action.



Sir Lewis Hamilton

LIVE MOTORSPORT

Saudi Arabian Grand Prix

Sunday, race starts 6pm, Sky Sports F1 & Sky Sports Main Event

The second Grand Prix of the season is a night race at the Jeddah Corniche Circuit. In

last year's debut event, Sir Lewis Hamilton claimed victory in a thrilling affair despite the Mercedes driver crashing into the back of Red Bull rival Max Verstappen. Some changes have been made to the circuit for this year's race, with the track being adjusted to improve sight lines.



Richard Riakporhe

LIVE BOXING

Richard Riakporhe v Deion Jumah

Saturday, Sky Sports Action & Sky Sports Main Event

Britain's Richard Riakporhe has his sights set on a shot at the WBC cruiserweight title, but first the 32-year-

old will need to see off fellow Londoner Deion Jumah at Wembley Arena. 'I'm hungry, and now we're looking to push on to world titles,' says Riakporhe.

Sport A-Z and football planner >>>

Sport week **A-Z** GUIDE

AUSTRALIAN RULES

- LIVE** Gold Coast Suns v Melbourne Demons
Sat 9am BT Sport 2
- LIVE** Richmond Tigers v GWS Giants
Sat 4am BT Sport 2
- LIVE** Fremantle Dockers v St Kilda Saints
Sun 8am BT Sport 2
- LIVE** Western Bulldogs v Sydney Swans
Thu 9am BT Sport 1
- LIVE** Melbourne Demons v Essendon Bombers
Fri 9am BT Sport 1

BADMINTON

- LIVE** Swiss Open
Sat 1pm & Sat 5.15pm BT Sport 2;
Sun 9am BT Sport/ESPN

BASEBALL

- LIVE** Georgia Bulldogs v Florida Gators
Thu 1am BT Sport/ESPN

BASKETBALL

- LIVE** NCAA Tournament
Sat 5pm BT Sport/ESPN; Sat 10pm BT Sport 3; Sun 7pm BT Sport/ESPN; Sun 12m't BT Sport 1; Mon 12m't BT Sport/ESPN & Fri 11pm BT Sport/ESPN
- LIVE** New Orleans Pelicans v San Antonio Spurs
Sat 9pm Sky Sports Arena
- LIVE** Miami Heat v Brooklyn Nets
Sat 2am Sky Sports Arena; Sky Sports Mix
- LIVE** Detroit Pistons v New York Knicks
Sun 8.15pm Sky Sports Arena
- LIVE** Phoenix Suns v Philadelphia 76ers
Sun 11pm Sky Sports Arena
- LIVE** Milano v Zenit St Petersburg
Tue 6.25pm FreeSports
- LIVE** College basketball
Tue 12m't BT Sport 2; Tue 2am BT Sport/ESPN; Thu 12m't BT Sport 1
- LIVE** Panathinaikos v Real Madrid
Thu 6.55pm FreeSports
- LIVE** Brooklyn Nets v Milwaukee Bucks
Thu 12.30am Sky Sports Arena; Thu 2am Sky Sports Main Event



Cycling

Simon Yates hopes for success in the Tour of Catalunya

- LIVE** Utah Jazz v Los Angeles Lakers
Thu 3am Sky Sports Main Event; Sky Sports Arena

- LIVE** London Lions v Bristol Flyers
Fri 7pm Sky Sports Action & Sky Sports Mix

BOXING

- LIVE** Richard Riakporhe v Deion Jumah
Sat 7.30pm Sky Sports Action & Sat 8.30pm Sky Sports Main Event
- LIVE** Miguel Berchelt v Jeremiah Nakathila
Sat 2am Sky Sports Action

COMBAT SPORTS

- LIVE** UFC Fight Night Prelims
Sat 9pm BT Sport 2
- LIVE** Curtis Blaydes v Chris Daukaus
Sat 11pm BT Sport 2

CRICKET

- LIVE** West Indies v England
Sat 1.30pm BT Sport 1, Sun 2.30pm BT Sport 1 & Mon 2.30pm BT Sport 1
- LIVE** Chennai Super Kings v Kolkata Knight Riders
Sat 1.50pm Sky Sports World Cup
- LIVE** England v Bangladesh
Sat 9.30pm Sky Sports World Cup; Sat 11pm Sky Sports Main Event
- LIVE** India v South Africa
Sun 6am Sky Sports Main Event; Sky Sports World Cup Women's World Cup.
- LIVE** Delhi Capitals v Mumbai Indians
Sun 10.50am Sky Sports World Cup

- LIVE** Punjab Kings v Royal Challengers Bangalore
Sun 2.50pm Sky Sports World Cup

- LIVE** Gujarat Titans v Lucknow Super Giants
Mon 2.50pm Sky Sports World Cup & 3pm Sky Sports Main Event

- LIVE** New Zealand v Netherlands
Mon 1.30am BT Sport 2

- LIVE** Pakistan v Australia
Tue 10.55am Sky Sports World Cup; Tue 10.55am Sky Sports Mix; Tue 11am Sky Sports Main Event

- LIVE** Sunrisers Hyderabad v Rajasthan Royals
Tue 2.50pm Sky Sports World Cup & 3pm Sky Sports Main Event

- LIVE** ICC Women's World Cup
Tue 10.30pm Sky Sports Main Event; Sky Sports World Cup; Wed 1.30am Sky Sports Main Event; Sky Sports World Cup

- LIVE** Royal Challengers Bangalore v Chennai Super Kings
Wed 2.50pm Sky Sports Main Event; Sky Sports World Cup

- LIVE** South Africa v Bangladesh
Thu 9.30am Sky Sports Main Event; Sky Sports World Cup; Fri 8.30am Sky Sports Main Event; Sky Sports World Cup

- LIVE** Pakistan v Australia
Thu 10.55am Sky Sports Mix
- LIVE** Lucknow Super Giants v Chennai Super Kings
Thu 2.50pm Sky Sports Main Event; Sky Sports World Cup

- LIVE** Kolkata Knight Riders v Punjab Kings
Fri 2.50pm Sky Sports World Cup & Fri 3pm Sky Sports Main Event

- LIVE** New Zealand v Netherlands
Fri 2.30am BT Sport 2

CYCLING

- LIVE** Tour of Catalunya
Sat 2.15pm & Sun 11.30am Euro1

- LIVE** Gent-Wevelgem
Sun 1.15pm & 4pm Euro1

- LIVE** Across Flanders
Wed 1.45pm Euro1

DARTS

- LIVE** Premier League
Thu 7pm Sky Sports Action

FIGURE SKATING

- LIVE** World Championships
Sat 10.45am & 4pm Euro1

GOLF

- LIVE** Delhi Golf Club Open
Sat 6.30am FreeSports; Sun 7.30am Premier Sports 1
- LIVE** Qatar Masters
Sat 9am Sky Sports Main Event; Sky Sports Golf; Sun 10am Sky Sports Golf

- LIVE** WGC Match Play
Sat 1.30pm Sky Sports Main Event; Sky Sports Golf; Sun 2.30pm Sky Sports Golf; Sun 9pm Sky Sports Main Event

- LIVE** JTBC Classic
Sat 10pm Sky Sports Golf; Sun 12m't Sky Sports Main Event & Sky Sports Golf

- LIVE** Investec South African Women's Open
Wed 11am Sky Sports Main Event; Sky Sports Golf; Thu 11am Sky Sports Golf; Fri 11am Sky Sports Main Event; Sky Sports Golf

- LIVE** Valero Texas Open
Thu 3pm & 9pm Sky Sports Golf; Thu 10.15pm Sky Sports Main Event; Fri 3pm & 9pm Sky Sports Golf; Fri 10.30pm Sky Sports Main Event

- LIVE** Chevron Championship
Thu 5pm Sky Sports Golf; Thu 12m't Sky Sports Main Event; Sky Sports Golf; Fri 5pm Sky Sports Golf; Fri 12m't Sky Sports Main Event; Sky Sports Golf

HOCKEY

- LIVE** Germany v USA
Sun 11am BT Sport 1

HORSE RACING

- LIVE** ITV Racing
Sat 1pm ITV

ICE HOCKEY

- LIVE** Cardiff Devils v Sheffield Steelers
Sat 7.10pm Premier Sports 2
- LIVE** Washington Capitals v New Jersey Devils
Sat 11pm Premier Sports 1
- LIVE** Calgary Flames v Edmonton Oilers
Sat 2am Premier Sports 2
- LIVE** New York Islanders v Tampa Bay Lightning
Sun 7pm Premier Sports 1
- LIVE** Pittsburgh Penguins v Detroit Red Wings
Sun 10pm Premier Sports 1
- LIVE** Toronto Maple Leafs v Florida Panthers
Sun 12m't Premier Sports 2
- LIVE** Washington Capitals v Carolina Hurricanes
Mon 12m't Premier Sports 1
- LIVE** Los Angeles Kings v Seattle Kraken
Mon 3.30am Premier Sports 2

- LIVE** Los Angeles Kings v Seattle Kraken
Tue 6am Premier Sports 2

- LIVE** Buffalo Sabres v Winnipeg Jets
Wed 12m't Premier Sports 1

- LIVE** Vancouver Canucks v St Louis Blues
Wed 3am Premier Sports 2

- LIVE** Toronto Maple Leafs v Winnipeg Jets
Thu 12m't Premier Sports 1

- LIVE** Anaheim Ducks v Dallas Stars
Thu 3am Premier Sports 2

- LIVE** Tampa Bay Lightning v Chicago Blackhawks
Fri 12m't Premier Sports 1

- LIVE** Seattle Kraken v Vegas Golden Knights
Fri 3am Premier Sports 2

LACROSSE

- LIVE** Panther City Lacrosse Club v Colorado Mammoth
Sat 12.30am BT Sport 1

MOTORCYCLING

- LIVE** MotoGP: Argentina
Fri 1pm BT Sport 2

MOTORSPORT

- LIVE** Formula 2
Sat 12.25pm & Sun 2.50pm Sky Sports F1
- LIVE** Formula 1
Sat 1.45pm, 4pm Sky Sports F1 Saudi Arabian Grand Prix practice.
- LIVE** Formula 1
Sun 4.30pm Sky Sports F1; Sun 5pm Sky Sports Main Event (Start-time 6.00pm) The Saudi Arabian Grand Prix.
- LIVE** NASCAR
Sun 8pm Premier Sports 2

NETBALL

- LIVE** Loughborough Lightning v Manchester Thunder
Mon 5pm Sky Sports Arena; Sky Sports Mix

POOL

- LIVE** Ultimate Pool Pro Series
Sat 12noon, 8pm FreeSports; Sun 10.30am 4pm FreeSports; Mon 6.30pm FreeSports

RUGBY LEAGUE

- LIVE** Canberra Raiders v Gold Coast Titans
Sat 8.30am Sky Sports Arena
- LIVE** Leeds Rhinos v Castleford Tigers
Sat 4pm BBC2 (kick-off 4.30pm)
- LIVE** Brisbane Broncos v North Queensland Cowboys
Sun 6am Sky Sports Arena
- LIVE** Rugby League
Sun 1.30pm Premier Sports 1
- LIVE** Barrow Raiders v Huddersfield Giants
Sun 4pm BBC2 (kick-off 4.30pm)
- LIVE** Wigan Warriors v Hull FC
Thu 7.30pm Sky Sports Main Event & Sky Sports Arena (kick-off 8pm)

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Football planner

LIVE Penrith Panthers v South Sydney Rabbitohs
Fri 10am Sky Sports Arena

LIVE Leeds Rhinos v St Helens
Fri 7.30pm Sky Sports Arena (kick-off 8pm)

RUGBY UNION

LIVE Scotland v England
Sat 11.30am BBC2 (not Wales) (kick-off 12noon)
The Women's Six Nations game.

LIVE Stormers v Ulster
Sat 12.30pm Premier Sports 1 (kick-off 1pm)

LIVE Zebre v Scarlets
Sat 12.50pm BBC2 Wales; Sat 12.55pm Premier Sports 2 (kick-off 1pm)

LIVE Saracens v Bristol Bears
Sat 2.30pm BT Sport 2 (kick-off 3pm)

LIVE Sharks v Edinburgh
Sat 3pm Premier Sports 1 (kick-off 3.05pm)

LIVE Ireland v Wales
Sat 4.30pm BBC2 N Ireland; BBC2 Wales (kick-off 4.45pm)
The Women's Six Nations game.

LIVE Bulls v Dragons
Sat 5pm S4C; Sat 5.10pm Premier Sports 2 (kick-off 5.15pm)

LIVE Cardiff v Glasgow Warriors
Sat 5.05pm Premier Sports 1 (kick-off 5.15pm)

LIVE Connacht v Leinster
Sat 7.25pm Premier Sports 1 (kick-off 7.35pm)

LIVE Exeter Chiefs v Leicester Tigers
Sun 2pm BT Sport 2 (kick-off 3pm)

LIVE Premiership Rugby Cup
Wed 7.30pm BT Sport 1

LIVE Sharks v Dragons
Fri 6.20pm BBC2 Wales; Fri 6.25pm Premier Sports 2 (kick-off 6.30pm)

LIVE Sale Sharks v Saracens
Fri 7pm BT Sport 1 (k-o 7.45pm)

LIVE Glasgow Warriors v Zebre
Fri 7pm Premier Sports 1 (kick-off 7.35pm)

SKIING

LIVE Freestyle Skiing
Sat 11am Euro2

SNOOKER

LIVE Gibraltar Open
Sat 9am, 1pm, 3pm & 7.25pm Euro2

LIVE Tour Championship
Mon-Fri 12.45pm & 7.15pm ITV4

TENNIS

LIVE Miami Open
Sat-Fri Prime Video
From Miami Gardens, Florida.

WINTER SPORTS

LIVE Ski Jumping
Sat & Sun 8.50am Euro1

LIVE Snowboarding
Sun 10.50am Euro2

LIVE Curling
Sun 7pm Euro2

Saturday 26

LIVE Wellington Phoenix v Perth Glory

6am BT Sport 1 (kick-off 6.05am)
Coverage of the A-League clash staged at the Leichhardt Oval.

LIVE Brisbane Roar v Western United

6am BT Sport 2 (kick-off 6.05am)
The A-League encounter from Moreton Daily Stadium.

LIVE Central Coast Mariners v Adelaide United

8.45am BT Sport/ESPN (kick-off 8.45am)
Coverage of the A-League clash from Central Coast Stadium.

LIVE National Futsal Series

9am, 2.30pm BT Sport 3

Action from the latest round of women's Tier 1 fixtures.

LIVE LaLiga Promises

10am, 10.30am, 11am, 11.30am, 12noon, 12.30pm, 5pm, 5.30pm, 6pm & 6.30pm La Liga TV

The prestigious U12 tournament returns as players from LaLiga clubs and other high profile clubs from around the world compete.

LIVE ePremier League Finals

12noon Sky Sports Premier League

Coverage of the Grand Finals of the online gaming tournament.

LIVE Warrenpoint Town v Linfield

12.25pm Sky Sports Football (kick-off 12.30pm)
Live coverage of the Danske Bank Premiership match at Milltown.

LIVE Arsenal Women v Tottenham Hotspur Women

2pm BBC1 (kick-off 2.15pm)
Coverage of the north London derby at the Emirates Stadium. The hosts start as clear favourites to pick up another three points as they continue their battle with Chelsea at the top of the standings.

LIVE Notts County v Chesterfield

2.30pm BT Sport 3 (kick-off 3pm)

The National League fixture from Meadow Lane.

LIVE Connah's Quay Nomads v Haverfordwest County

2.45pm S4C (kick-off 3pm)
Sioned Dafydd presents coverage of the JD Cymru Premier match at New Bridge Meadow Stadium.

LIVE Celtic v Hibernian

3pm BBC Alba (kick-off 3pm)
The SWPL1 match at Celtic Park. Celtic won 2-1 when the sides met at Excelsior Stadium in September and drew 1-1 at Almondvale Stadium in January.

LIVE England v Switzerland

4.30pm Sky Sports Main Event; Sky Sports Football (kick-off 5.30pm)
The mid-season friendly match from Wembley. These sides last met in the Nations League third-place play-off in 2019, when England won 6-5 on penalties after a goalless draw. See page 28.



LIVE INTERNATIONAL FRIENDLY

Republic of Ireland v Belgium

Saturday, kick-off 5pm, Sky Sports Premier League

Dublin is the venue for this friendly as Kevin De Bruyne and co look forward to Qatar, while the Republic of Ireland – who missed out of qualification – prepare for their Nations League group games in June.



LIVE INTERNATIONAL FRIENDLY

Netherlands v Denmark

Saturday, kick-off 7.45pm, Sky Sports Premier League

The countries meet in Amsterdam after both topped their World Cup qualifying groups. Denmark keeper Kasper Schmeichel will need to be at his best against Barcelona's Memphis Depay.



LIVE CHAMPIONSHIP

Hull City v Huddersfield Town

Friday, kick-off 7.45pm, Sky Sports Football & Sky Sports Main Event

After going on a remarkable unbeaten run, Carlos Corberán's Huddersfield side are looking good for a place in the play-offs. Danny Ward is the Terriers' leading goalscorer after rejoining the club in 2020.

LIVE Republic of Ireland v Belgium

4.30pm Sky Sports Premier League (kick-off 5pm)
The friendly match taking place at the Aviva Stadium. These countries haven't met since 2016, when Belgium won 3-0.

LIVE Netherlands v Denmark

7.40pm Sky Sports Premier League (kick-off 7.45pm)
The friendly match taking place at Johan Cruyff Arena.

LIVE Sporting Kansas City v Real Salt Lake

11.05pm FreeSports (kick-off 11.05pm)
The MLS Western Conference clash from Children's Mercy Park.

Sunday 27

LIVE A-League Women

6am BT Sport 1
Coverage of the Grand Final of the Australian women's top-flight.

LIVE Melbourne Victory v Western Sydney Wanderers

9am BT Sport 1 (kick-off 9.05am)
Coverage of the A-League clash which takes place at AAMI Park.

LIVE LaLiga Promises

9am, 9.45am, 3.30pm, 4pm La Liga TV

The prestigious U12 tournament.

LIVE National Futsal Series

10.15am BT Sport 3

Action from the latest round of men's Tier 1 fixtures in Walsall.

LIVE Manchester United v Everton

11.30am Sky Sports Main Event; 11.30am Sky Sports Premier League; 11.30am Sky Sports Football; Sky Showcase (kick-off 12.30pm)

Coverage of the Women's Super League match at Old Trafford.

LIVE Leicester City v Chelsea

2.45pm Sky Sports Main Event; 2.45pm Sky Sports Premier League; 2.45pm Sky Sports Football; Sky Showcase (kick-off 3pm)

The Women's Super League match played at the King Power Stadium.

LIVE ePremier League Finals

6pm Sky Sports Premier League
The Grand Finals of the online gaming tournament.

LIVE Portland Timbers v Orlando City SC

9.05pm FreeSports (kick-off 9.05pm)
The MLS inter-conference clash taking place at Providence Park.

Monday 28

LIVE Glentoran v Carrick Rangers

7.40pm Sky Sports Main Event; Sky Sports Football (kick-off 7.45pm)

The Irish Premiership match at The Oval. Glentoran won 3-0 when the sides met at the Belfast Loughshore Hotel Arena in December in a game where both sides finished with ten men.

Tuesday 29

LIVE Kazakhstan v Moldova

2.55pm Sky Sports Premier League (kick-off 3pm)
Live coverage of the Nations League relegation play-off second-leg at Astana Arena in Nur-Sultan.

LIVE Cyprus v Estonia

4.55pm Sky Sports Football (kick-off 5pm)
Coverage of the Nations League relegation play-off second-leg match at AEK Arena – Georgios Karapatakis in Larnaca.

LIVE England v Ivory Coast

7pm Sky Sports Main Event; Sky Sports Premier League (kick-off 7.45pm)

The friendly match at Wembley Stadium – the first time these countries have ever met.

LIVE Sgorio Rhyngwladol

7.25pm S4C

Live international football.

LIVE Poland v Sweden or Czech Republic

7.40pm Sky Sports Football (kick-off 7.45pm)
Coverage of the World Cup qualifying Path B play-off final, staged at Stadion Slaski in Chorzow.

LIVE Republic of Ireland v Lithuania

7.40pm Sky Sports Arena (kick-off 7.45pm)

The friendly match at Aviva Stadium. The countries last met in Dublin during qualifying for the 1998 World Cup in a match that ended in a goalless draw.

LIVE Northern Ireland v Hungary

7.40pm Sky Sports Mix (kick-off 7.45pm)
The friendly match at Windsor Park. The hosts claimed a stoppage-time draw when the countries last met here during qualifying for Euro 2016.

LIVE Bolivia v Brazil

11.25pm Premier Sports 1 (kick-off 12.30am)
The World Cup qualifying match from Estadio Hernando Siles.

LIVE Ecuador v Argentina

12.25am Premier Sports 2 (kick-off 12.30am)
Coverage of the World Cup qualifying match from Estadio Monumental Banco Pichincha.

LIVE Chile v Uruguay

12.25am FreeSports (kick-off 12.30am)
Coverage of the World Cup qualifying match staged at Estadio San Carlos de Apoquindo.

Friday 1

LIVE Melbourne City v Wellington Phoenix

9.45am BT Sport 2 (kick-off 9.45am)
Coverage of the Australian top-flight clash from AAMI Park.

LIVE FIFA World Cup Draw

4.45pm BBC1
Mark Chapman presents live coverage of the draw for the 2022 World Cup finals in Qatar.

LIVE Hull City v Huddersfield Town

7pm Sky Sports Main Event & Sky Sports Football (kick-off 7.45pm)
The Championship match staged at MKM Stadium.

LIVE LaLiga

7pm La Liga TV; 7.55pm FreeSports

A Spanish top-flight fixture.

LIVE Greenock Morton v Kilmarnock

7.30pm BBC Scotland (kick-off 7.45pm)
Coverage of the Championship match taking place at Cappielow Park, where the title-chasing visitors will start as favourites.

LIVE Ligue 1

7.45pm BT Sport 3
Action from France's top division.

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Saturday

CHANGE YOUR CLOCKS...
Don't forget that the clocks go forward one hour at 1am tonight



26 March

Evening Planner

Saturday



Football

LIVE!

England v Switzerland

SS Main Event/Football, from 4.30pm

Coverage of the friendly at Wembley, (k-o 5.30pm) where Raheem Sterling will be hoping to find the target for the hosts



Documentary

NEW

Chernobyl: The New Evidence

C4, 7.30pm

Examining fresh information about the nuclear disaster in Ukraine in April 1986



Music

Sir Elton John Night

BBC2, 8.35pm

An evening of programmes celebrating the singer kicks off with his appearances on *Top of the Pops* in the 1980s and 90s



Drama

PREMIERE

Photograph

BBC4, 10.00pm

Nawazuddin Siddiqui's struggling street photographer pleads with a shy stranger (Sanya Malhotra) to pose as his fiancée

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

Channel	7.00 PM	7.30 PM	8.00 PM	8.30 PM	9.00 PM	9.30 PM	10.00 PM	10.30 PM	
FAVOURITES	101 BBC1	7.00 The Wall	7.45 Pointless Celebrities	8.35 Casualty	9.15 Killing Eve	10.00 News	10.20 Film: Avengers: Age...		
	102 BBC2	6.30 Britain's...	7.30 Dad's Army	8.05 Aretha...	8.35 Elton John at the BBC	9.35 The Making of Elton John...	10.35 Elton John...		
	103 ITV	7.00 Ant & Dec's Saturday Night Takeaway			8.30 Starstruck	9.40 News	10.00 Paul Sinha's TV Showdown		
	104 CHANNEL 4	7.00 News	7.30 Chernobyl: The New Evidence	8.30 Formula 1 Saudi Arabian Grand Prix Qualifying Highlights			10.00 Film: Alien: Covenant		
	105 CHANNEL 5	6.45 Jane McDonald...	7.45 Hi-De-Hi!: All the Laughs & More			9.15 Queens of Mystery	10.15 Most Shocking Celebrity...		
	106 SKY SHOWCASE	7.00 UFO	8.00 Micro Monsters with David Attenborough			9.00 Film: The Dark Knight Rises			
ENTERTAINMENT	117 BBC3	7.05 EastEnders	7.55 Gossip Girl	9.15 Love in the Flesh		10.00 Obsessed...	10.30 Mood		
	116 BBC4	7.00 The Normans	8.00 Arctic with Bruce Parry	9.00 Hidden		10.00 Film: Photograph			
	118 ITV2	7.00 Film: Superman Returns							10.00 Celebrity Juice
	136 MORE4	6.55 Four in a Bed	7.55 24 Hours in A&E						
	135 E4	6.55 Film: The Day the Earth Stood Still				9.00 Celebrity Gogglebox	10.00 Gogglebox		
	107 SKY WITNESS	7.00 Blue Bloods				9.00 9-1-1	10.00 The Equalizer		
	108 SKY ATLANTIC	6.55 Mare of Easttown	8.00 Britannia		9.00 Game of Thrones				
	110 GOLD	6.00 Only Fools and Horses				9.20 Billy Connolly Does..	10.20 Ricky & Ralf's Very...		
	111 DAVE	6.40 Would I Lie to You?	8.00 Not Going Out				10.00 Mel Giedroyc: Unforgivable		
	119 ITV3	7.00 Midsomer Murders							
	120 ITV4	6.30 Film: Nevada Smith				9.05 Film: Jaws			
	112 COMEDY CENTRAL	7.15 Film: My Super Ex-Girlfriend			9.00 Film: American Reunion				
	152 SYFY	7.00 Film: Apocalypse of Ice				9.00 Intergalactic	10.00 Fortitude		
113 SKY MAX	7.00 Agatha Raisin				9.00 Harlan Coben's The Five				
132 ALIBI	6.00 Inspector George Gently	8.00 Death in Paradise				10.00 Traces			
130 SKY ARTS	7.00 Springsteen & I	8.30 Bruce Springsteen - Live at the Paramount		9.45 Music Icons	10.15 Video Killed the Radio Star				
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush: White Water	8.00 Gold Rush	9.00 Building Off the Grid	10.00 Motor Mythbusters				
	162 ANIMAL PLANET	7.00 Coyote Peterson: Brave the Wild	8.00 Edge of Alaska	9.00 Alaska Monsters	10.00 Finding Bigfoot				
	129 NAT GEO	7.00 Gordon Ramsay: Uncharted	8.00 Running Wild with Bear Grylls	9.00 Lost Cities with Albert Lin					
	123 SKY HISTORY	7.00 Digging Up Britain's Past				9.00 North Korea: Dark Secrets			
	155 YESTERDAY	7.00 Great British Railway Journeys				9.00 Smoke & Steel	10.00 One Foot in the Grave		
	121 SKY DOCS	7.05 UFO	8.00 Film: The Fog of War				10.00 Twist of Faith		
FILMS - Sky Cinema	301 PREMIERE	6.00 Reminiscence	8.00 Fast & Furious 9				10.30 Don't Breathe 2		
	303 HITS	6.15 Paddington 2	8.00 Interstellar						
	304 GREATS	6.00 Days of Thunder	8.00 Indiana Jones and the Temple of Doom				10.00 Training Day		
	305 ANIMATION	6.35 The Croods 2: A New Age	8.15 The Queen's Corgi			9.55 Open Season 2			
	306 FAMILY	6.40 Woody Woodpecker	8.10 Are We Done Yet?			9.50 Call of the Wild			
	307 ACTION	7.00 Mad Max: Fury Road				9.05 Desperado			
	308 COMEDY	7.15 Anchorman: The Legend of Ron Burgundy				9.00 Meet the Parents			
	309 THRILLER	6.20 No Man of God	8.05 John Wick			10.00 Single White Female			
	310 DRAMA	5.55 Grease	8.00 Dream Horse				9.55 Side Effects		
	311 SCI-FI	5.00 Transformers	7.30 I Am Legend			9.15 The Forever Purge			
	302 OSCARS	5.05 The Godfather		8.00 The Godfather Part II					
313 FILM4	6.20 X-Men: Apocalypse				9.00 War of the Worlds				
315 TCM MOVIES	6.00 The Day of the Jackal				9.00 Run All Night				
SPORT	401 MAIN EVENT	4.30 International Football - Live: England v Switzerland		8.30 Fight Night - Live: Richard Riakporhe v Deion Jumah					
	402 PREMIER LEAGUE	4.30 International Football - Live: Republic of Ireland v Belgium (Kick-off 5.00); Netherlands v Denmark (Kick-off 7.45)				10.00 PL World	10.30 PL Icons		
	403 FOOTBALL	4.30 International Football - Live: England v Switzerland		8.30 World Cup Qualifiers Review Show	9.30 International...	10.00 World Cup...	10.30 Primera Division		
	404 WORLD CUP	7.00 ICC Women's World Cup	8.00 IPL		9.00 Women's...	9.30 ICC Women's World Cup - Live: England v Bangladesh			
	413 BT SPORT 1	1.30 Test Cricket - Live: West Indies v England					10.00 WWE Friday Night SmackDown		
414 BT SPORT 2	5.15 Badminton	7.30 Hockey	8.30 DIY Pundit	9.00 UFC					

† Denotes programmes starting before 7.00pm † Regions vary



BBC1

101 101/115 801 101 101 101 101/106

- 6.00 AM **Breakfast** (S)
- 10.00 **Saturday Kitchen Live**
New edition With Adjoa Andoh. (S)
- 11.30 **Marcus Wareing's Tales from a Kitchen Garden** (S)(R)(AD)
- 12.00 NOON **Football Focus** (S)
- 1.00 PM **BBC News** (S)
- 1.15 **Bargain Hunt** (S)(R)(AD)
- 2.00 **LIVE MOTD: Women's Super League** Arsenal Women v Tottenham Hotspur Women: Coverage from the Emirates Stadium. Kick-off is at 2.15. (S)
- 4.15 **Garden Rescue** Creating an all-year-round garden. (S)(R)(AD)
- 4.45 **Bridge of Lies** *New edition* Quiz show hosted by Ross Kemp. (S)
- 5.30 **Superman & Lois** *New episode* *The Eradicator*: 14/15. Morgan Edge returns to wreak destruction upon Metropolis. (S1) (S)(AD)



9.15 **Killing Eve**

BBC2

102 102/115 802 102 102 2 102 102/102/106

- 6.20 AM **Wild & Weird** (S)(R)
- 6.35 **The Dengineers** (S)(R)
- 7.05 **Blue Peter** (S)(R)
- 7.35 **Deadly 60** (S)(R)
- 8.05 **Malory Towers** (S)(R)(AD)
- 8.55 **FILM Cars 3** Animated adventure sequel featuring the voice of Owen Wilson. (S) (2017, U, 95min) ★★★
- 10.30 **Interior Design Masters with Alan Carr** (S)(R)(AD)
- 11.30 **LIVE Rugby Union: Women's Six Nations** Scotland v England: The opening match of the tournament from the DAM Health Stadium in Edinburgh. Kick-off is at 12.00. (S)
- 2.00 PM **Great British Menu** (S)(R)
- 4.00 **LIVE Rugby League: Challenge Cup** Leeds Rhinos v Castleford Tigers: All the action from the sixth-round match at Headingley. Kick-off is at 4.30. (S)



6.30 **Britain's Ancient Capital...**

ITV

103 103/176 803 103 103/113 3 103 103/111

- 6.00 AM **CITV**
- 9.25 **ITV News** (S)
- 9.30 **James Martin's Saturday Morning** *New edition* With Denise van Outen. (S)
- 11.40 **Simply Raymond Blanc** *New edition* The chef shares recipes using wine. (S)(AD)
- 12.40 PM **ITV News** (S)
- 1.00 **LIVE ITV Racing** Coverage of today's meetings at Doncaster, Kelso and Kempton Park. (S)
- 4.00 **Tipping Point: Best Ever Finals** Two of the most dramatic end games in the show's history. (S)(R)
- 4.30 **The Chase Celebrity Special** Giles Coren, Rachel Johnson, Chris Packham and Josie Long try to secure a prize for charity. (S)(R)
- 5.30 **ITV News** (S)
- 5.45 **Local News** (S)



9.30 **James Martin's Saturday...**

CHANNEL 4

104/108 104/138 104 104/141 4 104 104

- 6.00 AM **Mike & Molly** (S3) (S)(R)
- 7.10 **The Simpsons** (S)(R)(AD)
- 10.25 **FILM DragonHeart** Fantasy adventure starring Dennis Quaid and David Thewlis, and featuring the voice of Sean Connery. A medieval knight joins forces with the last surviving dragon to rid the kingdom of its evil ruler. (S) (1996, PG, 120min) ★★★
- 12.25 PM **Couples Come Dine with Me** From Manchester. (S)(R)
- 1.25 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
- 3.55 **Grand Designs** A couple building a home that looks like a work of art overlooking a valley. (S)(R)(AD)
- 4.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help two sets of house-hunters search north London. (S)(R)



10.00 **Alien: Covenant**

6 PM

- 6.10 **BBC News** (S)
- 6.20 **Local News** (S)
- 6.30 **Celebrity Mastermind** *New edition* Comedian Chris McCausland and TV presenter Anne Diamond compete. (S)

7 PM

- 7.00 **The Wall** *New edition* 5/6. A father and daughter from south Wales take part in the game show. (S)

8 PM

- 7.45 **Pointless Celebrities** *New edition* A food special, featuring contestants Penny Smith, Sean Wilson, Romy Gill, Kwoklyn Wan, Paul Rankin, Ed Baines, Briony May-Williams and Kim-Joy Hewlett. (S)

9 PM

- 8.35 **Casualty** Stevie must resort to drastic measures when Matthew's symptoms worsen. (S)(AD)
- 9.15 **Killing Eve** *New episode* 4/8. Carolyn discovers an old acquaintance in Cuba and decides to go rogue and Eve struggles to identify her lead in the Twelve. (S4) (S)(AD)

10 PM

- 10.00 **BBC News** (S)
- 10.20 **FILM Avengers: Age of Ultron** Sci-fi adventure sequel starring Robert Downey Jr and Chris Hemsworth. The superheroes battle a robot created to protect the world, that intends to wipe out the human race. (S)(AD) (2015, 12, 130min) ★★★ SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
- 12.30 to 1.00 AM (GMT) **MOTD Top 10: Number 10s** Gary Lineker, Alan Shearer and Micah Richards debate the greatest number 10s to have graced the Premier League. (S)
- 2.00 (BST) **Weather for the Week Ahead** Seven-day forecast. (S)
- 2.05 to 6.00 AM **BBC News** (S)

- 6.30 **Britain's Ancient Capital: Secrets of Orkney** 2/3. Andy Torbet sets out to cross the Pentland Firth as the ancient Orcadians would have done, while Chris Packham goes in search of whales. (S)(R)(AD)

- 7.30 **Dad's Army** *Branded*: The platoon question whether Private Godfrey is brave enough for the job. (S)(R)(AD)

- 8.05 **Aretha Franklin: Respect** A tribute to the singer known as the Queen of Soul. (S)(R)

- 8.35 **Elton John at the BBC** A selection of interviews, news clips and appearances on the BBC, including *Top of the Pops* appearances in the 1980s and 1990s and his 2016 concert for Radio 2 in Hyde Park. (S)(R)

- 9.35 **The Making of Elton John: Madman Across the Water** Documentary in which the musician recalls his formative years, and his rise to stardom in the 1970s. Featuring interviews with collaborators Bernie Taupin and Leon Russell. (S)(R)(AD)

- 10.35 **Elton John Live at Hyde Park** A concert for Radio 2's Festival in a Day event. (S)(R)

- 11.30 **BBC One Sessions: Elton John** The singer in concert at LSO St Luke's in London. (S)(R)

- 12.30 to 1.55 AM (GMT) **FILM I Got Life!** French drama starring Agnes Jaoui and Thibault de Montalembert. An unemployed woman's life takes an unexpected turn when she crosses paths with the great love of her youth. Subtitled. (2017, 15, 85min) ★★★
- 2.55 to 7.00 AM (BST) **Previews** (S)

- 6.00 **Celebrity Catchphrase** *New edition* Stephen Mulhern hosts this charity edition of the game show, in which Tony Audenshaw, Tamzin Outhwaite and Phil Tufnell try to guess the familiar phrases. (S)(AD)

- 7.00 **Ant & Dec's Saturday Night Takeaway** *New edition* 5/7. *Line of Duty* and *Motherland* actor Anna Maxwell Martin is in the Star Guest announcer booth, singer Michael Bubl  is back for a big band End of the Show Show, and there's a Takeaway Getaway up for grabs in the grand return of Sofawatch. (S)

- 8.30 **Starstruck** *New edition* 6/7. Olly Murs hosts as four more teams of superfans are transformed into their music idols before stepping onto the stage to sing one of their biggest hits. (S)

- 9.40 **ITV News** (S)

- 10.00 **Paul Sinha's TV Showdown** *New edition* With Carol Vorderman, Judi Love, Joe Swash and Shane Richie. (S)

- 10.40 **International Football Highlights** Action from the friendly between England and Switzerland at Wembley Stadium. (S)

- 12.05 to 3.00 AM (GMT) **Shop: Ideal World**
- 4.00 (BST) **Living on the Veg** Recipes for Thai 'no fish' cakes, piri piri traybake and no-egg banoffee meringues. (S)(SL)(R)
- 4.50 **Unwind with ITV**
- 5.05 to 6.00 AM **Alphabetical Quiz** hosted by Jeff Stelling. (S)(SL)(R)

+1 hour 203 114 35 112

- 6.00 **Matt Baker: Our Farm in the Dales** 3/6. The Baker family await the arrival of the first generation of Herdwick lambs, and call in beekeeper George to deal with some unexpected visitors. (S)(R)
- 7.00 **News** (S)

- 7.30 **NEW SERIES Chernobyl: The New Evidence** 1/2. Documentary exploring the run-up to the 1986 nuclear disaster, examining recently declassified evidence about the safety of the plant. (S)(AD)

- 8.30 **Formula 1: Saudi Arabian Grand Prix Qualifying Highlights** Steve Jones introduces action from the battle for pole in the second round of the campaign at Jeddah Corniche Circuit. (S)

- 10.00 **FILM Alien: Covenant** Sci-fi thriller starring Katherine Waterston and Michael Fassbender. A crew of colonists sent to populate an alien planet have their mission diverted by a mysterious signal. (S)(AD) (2017, 15, 140min) ★★★ SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 12.20 to 2.00 AM (GMT) **FILM Jackie** Biopic of Jacqueline Kennedy, starring Natalie Portman. (S)(AD) (2016, 15, 100min) ★★★
- 3.00 (BST) **Ramsay's 24 Hours to Hell and Back** From LA. (S)(R)(AD)
- 3.50 **Jamie's Comfort Food** (S)(R)
- 4.00 to 6.00 AM **Hollyoaks Omnibus** (S)(SL)(R)(AD)

+1 hour 204/208 142 15 121

CHANNEL 5

105 105 805 154 105 5 105 105 105

- 5.35 AM **Milkshake!**
- 10.00 **SpongeBob SquarePants** (S)(R)
- 10.25 **Entertainment News** (S)
- 10.30 **Friends** 12-15/24. (S1) (S)(R)
- 12.25 PM **Our Yorkshire Farm**
Edith and Violet learn about lambing season. (S)(R)
1.25 The girls buy a pony at a horse fair, but struggle to get it home with no horsebox. (S)(R)
- 2.30 **FILM Little Voice** Comedy drama starring Jane Horrocks as a shy young woman with a talent for impersonating legendary singers of the past. (S) (1998, 15, 115min) ★★★★★
- 4.25 **FILM The Poseidon Adventure** Disaster drama starring Gene Hackman. A luxury cruise liner is capsized by a huge wave. (S) (1972, PG, 135min) ★★★★★



9.15 **Queens of Mystery**

- 6.40 **News** (S)
- 6.45 **Jane McDonald: My Yorkshire**
5/5. The singer journeys to Hawes in the Yorkshire Dales National Park, where she relives some cherished childhood memories.. (S)(R)
- 7.45 **NEW Hi-De-Hi!: All the Laughs & More**
A celebration of the much-loved holiday camp sitcom, featuring memorable scenes and interviews with members of cast – including Su Pollard, Ruth Madoc and Jeffrey Holland. (S)
- 9.15 **Queens of Mystery**
New episode *Death by Vinyl: First Chapter: 3/6.* Part one of two. A member of the band Cat used to be in is found dead. (S1) (S)(AD)
- 10.15 **Most Shocking Celebrity Moments**
New edition 2/10. Infamous incidents from the 1990s, including OJ Simpson's live TV car chase, and Eric Cantona kicking a fan. (S)
- 12.10 to 1.10 AM (GMT) **Greatest Ever Celebrity Wind Ups**
Joe Pasquale revisits celebrity pranks, with first-hand accounts from the people responsible for staging the tricks. (S)(R)
- 2.10 AM (BST) **21.co.uk Live Casino Show** Interactive gambling. (S)
- 4.10 to 5.25 AM **1997: Britain's Biggest Hits** The biggest-selling singles. (S)(R)

+1 hour 205 155 46 128

SKY SHOWCASE

106 106 806 110 109 340 355

- 6.00 AM **Battle of the Alphas** (S)(R)
- 8.00 **David Attenborough's Global Adventure** (S)(R)(AD)
- 9.00 **Will & Grace** Triple bill. (S2) (R)
- 10.30 **Soccer AM** Football magazine.
- 12.00 NOON **The Simpsons**
Six episodes, including at:
1.30 PM **Homer's Triple Bypass:** Homer has a heart attack. (S)(R)
2.00 **Marge v the Monorail:** Marge tackles a conman. (S)(R)
2.30 **Selma's Choice:** Selma decides to start a family. (S)(R)
- 3.00 **Gillette Labs Soccer Saturday** Up-to-the-minute scores.
- 5.00 **Curse of the Ancients**
Professor Alice Roberts looks at the rise of one of history's greatest civilisations, the Roman Empire, assessing the secret to its success. (R)



9.00 **The Dark Knight Rises**

- 6.00 **Secrets of the Lost Ark**
1/3. Documentary in which a team of archaeologists set off on a quest to unearth the most treasured and famous artefact in human history – the Ark of the Covenant. (R)
- 7.00 **UFO**
4/4. A look at how acclaimed psychiatrist John Mack began an investigation into claims of alien abduction and the shocking discoveries he made. (S)(R)(AD)
- 8.00 **Micro Monsters with David Attenborough**
Battles and rivalries within the world of bugs. (S)(R)
- 8.30 **How creepy-crawly predators defuse the defences of their prey.** (S)(R)
- 9.00 **FILM The Dark Knight Rises**
Comic-book action drama sequel starring Christian Bale. Vigilante hero Batman returns to Gotham City to battle an evil terrorist. With Tom Hardy, Anne Hathaway, Marion Cotillard and Gary Oldman, Michael Caine and Morgan Freeman. (2012, 12, 164min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
- 11.55 PM to 1.40 AM (GMT) **Formula 1: Saudi Arabian Grand Prix** Highlights of the qualifying session, as the drivers battled for pole position in the second round of the season at Jeddah Corniche Circuit. (R)
- 2.40 AM (BST) **Peacemaker** (S)(R)
- 3.35 **Resident Alien** (S)(R)
- 4.30 to 6.00 AM **Nothing to Declare** (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

- BBC1**
SCOTLAND
Sky 951, Virgin 862, Freesat 960
No variations
N. IRELAND
Sky 953, Virgin 863, Freesat 957
No variations
WALES
Sky 952, Virgin 864, Freesat 964
4.15-4.45pm **Question of Sport** **New edition** (S)
- BBC2**
N. IRELAND
Sky 972, Freesat 969
4.00pm **Saving Lives at Sea** (S)(R)(AD) 4.30 **LIVE Women's Six Nations** (S) 6.45 **The Chronicles of Erne** (S)(R) 7.00-7.30pm **Beautiful Interiors** Northern Ireland (S)(R)
WALES
Sky 971, Freesat 971
11.30am **Nigel Slater's Dish of the Day** (S)(R) 11.50 **Gorilla Family and Me** (S) (R)(AD) 12.50pm **LIVE Scrum V** (S) 3.00 **Coast** (S) (R) 3.30 **Secrets of Orkney: Britain's Ancient Capital** (S) (R) 4.30 **LIVE Women's Six Nations** (S) 6.45-7.30pm **Forest Elephants: Natural World** (S)(R)

- ITV**
No variations
- S4C**
Sky 134, Virgin 166, Freesat 120
6.00am **Cyw** 8.00 **Stwnsh** Sadwrn 10.00 **Gwesty Aduniad** 11.00 **Ty am Ddim** 12.00noon **Ffermio** 12.30pm **Bwyd Bach** Shumana a Catrin 1.00 **Cymry ar Gynfas** 1.30 **Cynefin** 2.30 24 Awr: Tomi Roberts-Jones 2.45 **LIVE Sgorio** 5.00 **LIVE Clwb Rygbi** 7.15 **Newyddion a Chwaraeon** 7.30 **NEW Cofio Dai Llanilar** 8.00 **NEW Dai Llanilar: O Sion A Sian I'r Sioe** 9.00 **Dai ar y Piste** 10.00 **Cefn Gwlad** 10.30 **Y Cythraul Celf** 10.50-11.55pm **Priodas Pum Mil**

BBC3

117/141/173 107/157 23 109 179 107

BBC3 programmes start at 7.00pm



- 7.00 PM **New Creatives**
- 7.05 **EastEnders** Jada plans a party while Sharon is away. 7.35 **Jean** tells Arthur the truth about Kush.
- 7.55 **Gossip Girl** 9/18. Dan invites Serena and her family for Thanksgiving. 8.35 10/18. Serena's grandmother CeCe arrives in town. (S1)
- 9.15 **Love in the Flesh** 1/8. Dating show exploring what happens when online couples meet face to face.
- 10.00 **Obsessed with... Killing Eve** **New edition** 4/8. Naomi Shimada and Zing Tsjeng obsess over the characters' fashion choices.
- 10.30 **Mood** *Get That Schmoneyyy:* 4/6. Sasha visits her family and the studio with Kobi. (S1)
- 11.15 PM to 1.25 AM (GMT) **FILM A Star Is Born**
Drama starring Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
- 2.25 AM (BST) **Love in the Flesh**
- 3.10 to 3.55 AM **Mood**

MORE4

136 136 831 147 195 18 124

- 8.55 AM **Food Unwrapped**
- 9.35 **A Place in the Sun**
- 12.35 PM **Location, Location, Location** Double bill.
- 2.40 **Come Dine with Me**
- 5.20 **Four in a Bed** The competition begins at Oaklea Barns Guest House in Southport, Merseyside. 5.50 The second visit is to The Guest House Worsthorne in Lancashire. 6.20 The group head to the Sleeperdorm Backpacker Hotel in Newcastle.
- 6.55 **Four in a Bed** The group visit the Parsonage Hotel and Spa near York, a 55-room country manor that wows the guests with its size. 7.25 The B&B owners meet up to settle some scores.
- 7.55 **24 Hours in A&E**
A 79-year-old woman is rushed into St George's showing signs of a stroke. 9.00 A baby is rushed in after suffering a seizure and losing consciousness. 10.00 An 85-year-old man is brought to St George's with a swollen hand after cutting his finger on some wire two weeks earlier.
- 11.05 **8 Out of 10 Cats Does Countdown**
- 12.05 to 1.15 AM (GMT) **Father Ted** Double bill.
- 2.15 AM (BST) **Father Ted**
- 2.50 to 3.55 AM **24 Hours in A&E**

+1 hour 236 196 86 125

BBC4

116 116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM **The Normans** 2/3. The impact of the conquest of Britain and Ireland.
- 8.00 **Arctic with Bruce Parry** 5/5. The adventurer's journey concludes in Norway.
- 9.00 **Hidden New episode** 2/6. Cadi discovers that the victim's farm had been under investigation following reports of animal abuse. (S3) **FILM PREMIERE**
Photograph Romantic drama starring Nawazuddin Siddiqui and Sanya Malhotra. A photographer under pressure to marry convinces a shy stranger to pose as his fiancée. Partly subtitled. (2019, 15, 110min) ★★
- 11.45 **Wogan: The Best Of**
Terry Wogan looks back at the cream of British talent, including Barbara Windsor.
- 12.30 to 1.00 AM (GMT) **Yes, Prime Minister**
- 2.00 AM (BST) **Keeping Up Appearances**
- 2.30 to 3.30 AM **Arctic with Bruce Parry**

E4

135 135 830 106 145 13 122

- 6.00 AM **Lego Masters USA**
- 6.55 **Don't Tell the Bride**
- 9.00 **Married at First Sight Australia** Double bill.
- 12.00 NOON **Ramsay's Kitchen Nightmares USA**
- 1.00 PM **Ramsay's 24 Hours to Hell and Back**
- 1.55 **The Great Celebrity Bake Off for Stand Up to Cancer** Charity contest.
- 3.15 **Extreme Cake Makers**
- 3.30 **The Big Bang Theory** Seven episodes. (S7&9)
- 6.55 **FILM The Day the Earth Stood Still** Sci-fi action thriller remake of the vintage 1951 film, starring Keanu Reeves and Jennifer Connelly. An astrobiologist befriends an alien being after a UFO lands in Central Park. With John Cleese, Jon Hamm and Kathy Bates. (2008, 12, 103min) ★★
- 9.00 **Celebrity Gogglebox**
Famous faces reflect on shows including *Love Island* and *America's Got Talent*.
- 10.00 **Gogglebox** Opinions on *Line of Duty*, *Ant & Dec's Saturday Night Takeaway* and *This Is My House*.
- 12.10 to 1.15 AM (GMT) **First Dates** Daters include a glamorous great-grandma.
- 2.15 AM (BST) **First Dates**
- 3.15 **The Big Bang Theory**
- 3.35 to 6.00 AM **Don't Tell the Bride**

+1 hour 235 146 30 123

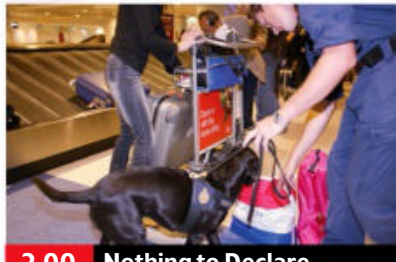
SATURDAY Entertainment

Saturday

Sky Witness

107 107 807 112 111 341 356

- 6.00 AM **Border Security: Canada's Front Line**
- 7.00 **Stop, Search, Seize**
- 8.00 **Border Patrol**
- 11.00 **Send in the Dogs** Billy the spaniel finds live ammunition during a search for drugs.
- 12.00 NOON **Stop, Search, Seize** Double bill of editions.
- 2.00 PM **Nothing to Declare** Ten editions, including at: 6.30 Officers are alerted by Canadian customs that a suspicious passenger is on his way to Australia.

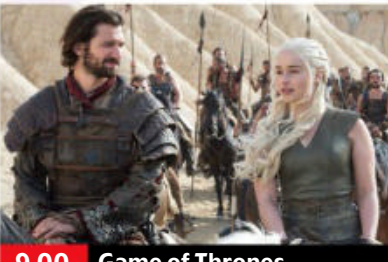


2.00 Nothing to Declare

Sky Atlantic

108/109 108/109 808 342 357

- 6.00 AM **The British**
- 9.00 **Fish Town**
- 10.00 **Six Feet Under** 7&8/12. (S4)
- 12.10 PM **Six Feet Under** (S4)
- 3.30 **Mare of Easttown** 1/7. Crime drama starring Kate Winslet. A detective in a Pennsylvania town investigates a murder.
- 4.40 2/7. Mare questions suspects in a murder case.
- 5.45 3/7. Mare and Colin question an unlikely suspect.
- 6.55 4/7. An anonymous call gives Dawn hope that Katie might still be alive. (S1)



9.00 Game of Thrones

Sky Max

113/114 113/114 122 121 345 360

- 6.00 AM **Highway Patrol**
- 8.00 **The Flash** (S6&7)
- 11.00 **A League of Their Own**
- 2.00 PM **Hawaii Five-0** 16/23. A woman is murdered in a hotel.
- 3.00 17/23. A man is found dead wearing warrior clothing.
- 4.00 18/23. The team enlist the help of a retired NYPD bomb expert.
- 5.00 19/23. McGarrett's sister is arrested for smuggling.
- 6.00 20/23. The body of a woman is discovered in a drainage ditch. (S2)



7.00 Agatha Raisin

ITV2

118 118 816 115 176 6 113

- 6.00 AM **Totally Bonkers Guinness World Records**
- 6.50 **Coronation Street Omnibus**
- 9.35 **Love Bites**
- 10.40 **Dress to Impress**
- 12.40 PM **FILM The Sisterhood of the Traveling Pants 2** Comedy with Amber Tamblyn. (2008, 12, 117min) ★★
- 3.00 **FILM Step Up** Dance drama. (2006, PG, 104min) ★★★
- 5.10 **FILM Legally Blonde 2: Red, White & Blonde** Comedy starring Reese Witherspoon. (2003, PG, 95min) ★★

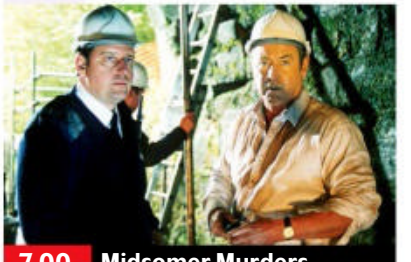


12.40 The Sisterhood of the...

ITV3

119 119 817 117 177 10 115

- 6.00 AM **Man About the House**
- 7.00 **A Touch of Frost**
- 9.10 **Agatha Christie's Poirot**
- 11.25 **Midsomer Murders Blood Wedding**: The maid of honour is stabbed at a baron's wedding.
- 1.20 PM **The Killings at Badger's Drift**: Barnaby uncovers a web of secrets as he looks into a suspicious death.
- 3.20 **Death's Shadow**: Barnaby and Troy investigate a property developer's murder.
- 5.20 **Murder on St Malley's Day**: A schoolboy is murdered.



7.00 Midsomer Murders

7 PM

- 7.00 **Blue Bloods The First 100 Days**: 16/19. Danny and Baez try to track down the person who vandalised several police vehicles.

Mare of Easttown (started at 6.55pm)

- 7.00 **Agatha Raisin Agatha Raisin and the Fairies of Fryfam - Part One**: 3/6. A case of infidelity soon leads to murder.

- 7.00 **FILM Superman Returns** Superhero adventure starring Brandon Routh as the 'Man of Steel' who, following a mysterious five-year absence, returns to discover that arch enemy Lex Luthor is threatening humanity yet again. With Kate Bosworth, Kevin Spacey and James Marsden. (2006, 12, 154min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 7.00 **Midsomer Murders The Green Man**: The collapse of a tunnel exposes a collection of ancient skeletons and some more recent remains, leading detectives to believe the bodies could be linked to a double shooting. Guest stars Cherie Lunghi.

8 PM

- 8.00 **Blue Bloods The Puzzle Palace**: 17/19. Erin and Anthony are forced to put their trust in a risky source. (S10)

- 8.00 **Britannia** 8/8. Still searching for Lucius and his knowledge of The Spear, Cait takes the fight to the redoubt. (S3)

- 8.00 **Agatha Raisin Agatha Raisin and the Fairies of Fryfam - Part Two**: 4/6. The investigation takes a dramatic turn. (S2)

- 9.00 **Midsomer Murders Hidden Depths**: Barnaby investigates the apparent suicide of a solicitor who was rumoured to be stealing from clients - but the case is complicated by the subsequent murder of a rival lawyer.

9 PM

- 9.00 **9-1-1 Ghost Stories**: 7/18. A woman suspects her housemate is a ghost, and a man claims he was buried alive. (S5)

- 9.00 **Game of Thrones Blood of My Blood**: 6/10. An old foe returns to the great game, and Arya faces a difficult choice.

- 9.00 **Harlan Coben's The Five** 5/10. Slade's life is turned upside down when he receives some devastating news.

10 PM

- 10.00 **The Equalizer Separated**: 8/12. McCall and Mel help a deported woman track down her son. (S2)

- 10.05 **Game of Thrones The Broken Man**: 7/10. The High Sparrow eyes another target, and Jaime confronts a hero. (S6)

- 10.00 **Harlan Coben's The Five** 6/10. Mark is stunned when Slade reveals a secret, and Danny makes a breakthrough. (S1)

- 10.00 **Celebrity Juice** Guests include Jonathan Ross and Craig Revel Horwood.
- 10.50 **Family Guy** 9/18. Meg is recruited as a model. (S13)

- 11.00 **The Rookie** 10/11. A plane crashes in the city. (S4)
- 12.00 M'T to 1.00 AM (GMT) **Station 19** (S5)
- 2.00 AM (BST) **Bull** 12/16. (S6)
- 3.00 **Blue Bloods** As 7.00pm.
- 4.00 to 6.00 AM **Nothing to Declare**

- 11.10 **Game of Thrones** 8/10. Tyrion's plans bear fruit. (S6)
- 12.15 to 1.20 AM (GMT) **Game of Thrones** 9/10. Davos loses something dear. (S6)
- 2.20 AM (BST) **Game of Thrones**
- 3.30 **In Treatment** (S4)
- 5.00 to 6.00 AM **The British**

- 11.00 **Strike Back: Retribution** 2/10. The team try to extract an arms dealer from Libya. (S6)
- 12.00 M'T to 1.00 AM (GMT) **The Flight Attendant** 8/8. (S1)
- 2.00 AM (BST) **Resident Alien** (S2)
- 3.00 **Peacemaker** 1/8. (S1)
- 4.00 **Arrow** 9/22. (S7)
- 5.00 to 6.00 AM Sun, Sea and A&E

- 11.20 **Family Guy** 6/21. Peter receives tickets to a boxing bout as a birthday gift. (S9)
- 11.45 **American Dad!** (S13&12)
- 12.40 to 1.10 AM (GMT) **Plebs** (S3)
- 2.10 (BST) **Plebs** 8/8. (S3)
- 2.45 **Iain Stirling's CelebAbility**
- 3.25 to 3.30 AM **Unwind with ITV**

+1 hour 207 206

+1 hour 208/209

+1 hour 218 116 29 114

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106

REST OF UK 194 162 110

- 12.00 NOON **This Is BBC Scotland**
- 7.00 PM **The Seven**
- 7.15 **The Edit**
- 7.30 **Aberdeen Harbour - Our Lives**
- 8.00 **Ex-S: Return of the Rhinestone Ploughboy** Following Sydney Devine as he goes on the road after a five-year absence.
- 8.30 **NEW Kenny Rogers: All in for the Gambler (A Farewell Concert Celebration)** A 2017 concert honouring the country star's career.
- 10.05 **NEW Country 2 Country with Ricky Ross** Highlights from the Glasgow music festival.
- 11.00 **Meet the Logans** Three sisters from Glasgow trying to make it big in country music.
- 11.30 PM to 12.00 M'T **One More Tune** New editions

Sky Comedy

114/115 135 123 346 361

- 8.00 AM **The Office** (US)
- 9.00 **Will & Grace**
- 10.30 **The Office** (US)
- 12.30 PM **The Mindy Project**
- 1.00 **Will & Grace** (S2)
- 2.00 **Fresh Prince of Bel Air**
- 4.30 **Modern Family** (S5)
- 7.00 **The Office** (US) 3/22. Jim and Pam arrange an 'Office Olympics'.
- 7.30 4/22. A fire forces the staff out of the office.
- 8.00 5/22. Michael must fire one employee.
- 8.30 6/22. Dwight punches Michael. (S2)
- 9.00 **Bill Maher: Live from DC** The comedian and author performs at the Warner Theatre.
- 10.15 **Insecure Surviving, Okay?!** 5/10. (S5)
- 10.45 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
- 11.45 PM to 1.05 AM (GMT) **Girls** (S1&2)
- 2.05 AM (BST) **Girls** (S2)
- 3.00 to 4.00 AM **A.P. Bio**

Sky Arts

130 130 165 140 11 147 364

- 6.00 AM **Anton Bruckner: The Making of a Giant**
- 7.15 **Balletboyz: Them/Us**
- 8.30 **Tales of the Unexpected**
- 11.00 **The Directors**
- 12.00 NOON **Comedy Legends**
- 1.00 PM **Celine Dion: Taking Chances World Tour**
- 3.00 **Classic Albums**
- 5.00 **Neil Sedaka: The Show Goes On**
- 7.00 **Springsteen & I** Fans of Bruce Springsteen discuss what his music means to them.
- 8.30 **Bruce Springsteen: Live at the Paramount** A 2009 concert.
- 9.45 **Music Icons: American Rock**
- 10.15 **Video Killed the Radio Star** Thin Lizzy.
- 10.45 PM to 3.05 AM (GMT) **Classic Artists: Yes**
- 4.05 AM (BST) **Brian Johnson's A Life on the Road** With Paul Rodgers.
- 5.00 to 6.00 AM **The Great Songwriters**

Pick

159 156 36 144

- 6.00 AM **Nothing to Declare**
- 11.00 **Stop, Search, Seize**
- 12.00 NOON **Air Ambulance ER** Documentary.
- 1.00 PM **Police Force: Australia** Double bill.
- 2.00 **Highway Cops**
- 3.00 **Police Ten 7**
- 4.00 **Motorbike Cops**
- 5.00 **Stop, Search, Seize**
- 6.00 **Road Wars**
- 8.00 **The Force: Manchester**
- 9.00 **Britcam: Emergency on Our Streets** A vicious knife attack.
- 10.00 **Killer Neighbours** A gunman opens fire in a quiet suburb.
- 11.00 **Ross Kemp: Extreme World** Documentary.
- 12.00 M'T to 1.00 AM (GMT) **Night Cops**
- 2.00 AM (BST) **Killer in My Village** Documentary.
- 3.00 **Nothing to Declare**
- 5.00 to 6.00 AM **Police Force: Australia**

+1 hour 259 145

Comedy Central

112/113 181 132 344 370

- 8.00 AM **Friends** (S8)
- 3.00 PM **FILM The Emoji Movie** Animation with the voice of TJ Miller. (2017, U, 86min) ★
- 4.40 **FILM What Women Want** Romantic comedy with Mel Gibson. (2000, 12, 127min) ★★★
- 7.15 **FILM My Super Ex-Girlfriend** Superhero comedy starring Uma Thurman. (2006, 12, 96min) ★★★
- 9.00 **FILM American Reunion** Comedy sequel starring Jason Biggs and Alyson Hannigan. (2012, 15, 108min) ★★
- 11.20 **Jason Manford Live at the Manchester Apollo**
- 12.20 to 1.40 AM (GMT) **Lee Evans Live at Her Majesty's Theatre**
- 2.40 (BST) **The Ricky Gervais Show**
- 3.30 **South Park**
- 4.20 to 5.00 AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 179 28 119

- 7.00 AM **Be Beautiful**
- 7.10 **Masters of Flip**
- 9.00 **LittleBe**
- 12.00 NOON **Masters of Flip**
- 1.00 PM **Billie and Greg: The Family Diaries**
- 2.00 **Tanya's Extreme Therapies**
- 2.50 **The Real Housewives of Cheshire** Triple bill.
- 5.55 **Dinner Date**
- 7.00 **Celebrity Dinner Date** Dating show, featuring *The Only Way Is Essex* star, Bobby Norris.
- 8.00 Reality TV star Chloe Brockett is given five menus, each put together by a potential blind date.
- 9.00 **Botched** A transgender woman who got her rhinoplasty in Mexico seeks the help of Dr Paul Nassif to fix her collapsed nose.
- 10.00 PM to 1.00 AM (GMT) **Ibiza Weekender**

+1 hour 120 58

ITV4

120 120 818 118 178 26 117

6.00 AM *The Protectors*
6.25 *Tenable*
7.15 *Hornblower*
9.30 *ITV Racing: Opening Show*
10.30 *Match Time Revisited*
12.35 PM *River Monsters*
1.35 **FILM** *The Sea Wolves* Adventure. (1980, PG) ★★★
3.55 **FILM** *Gunfight at the OK Corral* Classic Western. (1956, PG, 122min) ★★★★★
6.30 **FILM** *Nevada Smith* Western starring Steve McQueen. (1966, 15, 135min) ★★★



3.55 **Gunfight at the OK Corral**

FILM *Nevada Smith* (film started at 6.30pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

Syfy

152 152 836 139 138 347 362

6.00 AM *Stargate SG-1* (S3)
8.00 *Teleshopping*
11.00 **Fact or Faked: Paranormal Files**
12.00 NOON *Star Trek: Voyager* Five episodes, including at:
3.00 PM 14/26. Janeway forms a strategic alliance with Kazon factions.
4.00 15/26. Lieutenant Paris attempts to break the Warp 10 barrier. (S2)
5.00 **FILM** *Earthstorm* Adventure starring Stephen Baldwin. (2006, PG, 90min) ★★



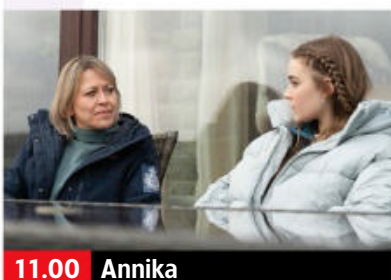
7.00 **Apocalypse of Ice**

7.00 **FILM** *Apocalypse of Ice* Disaster drama starring Tom Sizemore. A family must make their way to a safe zone at the equator within two days or risk freezing. With Jake Holley and Torrey Richardson. (2020, PG, 88min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

Alibi

132 132 827 126 212

7.10 AM *Murdoch Mysteries* (S8)
10.00 *Hudson & Rex* (S4)
12.00 NOON *The Coroner* (S2)
2.00 PM *Shakespeare & Hathaway: Private Investigators* (S3)
4.00 **Father Brown** *The Demise of the Debutante*: A killer strikes at a finishing school.
5.00 *The Darkest Noon*: Father Brown and Mallory go missing.
6.00 **Inspector George Gently** *Gently in the Night*: A waitress working in a hostess club is found murdered.



11.00 **Annika**

Inspector George Gently (started at 6.00pm)

8.00 **Death in Paradise** *Wish You Weren't Here*: 3/8. A TV presenter's body is washed up on the shore after a midnight swim.

9.00 **Death in Paradise** *Frappe Death Day*: 4/8. A coffee plantation owner is shot dead. Guest stars Anna Chancellor. (S8)

10.00 **Traces** 6/6. Sarah works with McKinven to prevent another explosion before making decisions about their future. (S2)

11.00 **Annika** 5/6. A man is found dead after being thrown in the river from a party boat. (S1)

12.00 M'T to 1.00 AM (GMT) **Annika** 6/6. A woman is murdered on the Glasgow docks. (S1)

2.00 to 4.00 AM (BST) **Death in Paradise**

+1 hour 232 191

GOLD

110/111 110/111 124 343 358

7.10 AM *Hi-de-Hi!*
7.50 *Citizen Khan*
9.05 *Desmond's*
9.40 *Only Fools and Horses*
1.00 PM *Only Fools and Horses* Rodney wins a holiday at a five-star hotel in Majorca.
2.10 Del Boy visits the doctor.
3.30 Rodney finally ties the knot with Cassandra.
4.40 Del Boy sets out to find his dear departed mother's treasure trove.
6.00 Rodney begins attending a computer course.



10.20 **Very Northern Road Trip**

7.05 **Only Fools and Horses** Del Boy gets his hands on a consignment of self-inflating rubber dolls, which turn out to be filled with explosive gas.

8.10 A retired jeweller offers Del the deal of a lifetime, then suddenly has a heart attack and gets taken to hospital with the goods still in his briefcase.

9.20 **Billy Connolly Does...** Billy ruminates about dream locations and nightmare family holidays.

10.20 **Ricky & Ralf's Very Northern Road Trip** Ralf tries to conquer a childhood food fear.

11.20 **The Royle Family** Jim embarks on a spot of DIY.

11.55 Nana is in mourning.

12.30 to 1.10 AM (GMT) **French and Saunders** A spoof of Western *The Quick and the Dead*.

2.10 (BST) **French and Saunders**

2.50 to 4.00 AM **Bridget & Eamon**

+1 hour 210/211 194

Dave

111/112 127 227 19 157

7.10 AM *Sin City Motors*
8.00 *Storage Hunters UK*
8.30 *Rick Stein's India*
9.30 *Rick Stein's French Odyssey*
10.00 *Top Gear With Olly Murs*
11.00 *American Pickers*
12.00 NOON *Storage Hunters UK*
1.00 PM *Top Gear* Double bill.
3.00 **Red Bull Soapbox Race**
4.00 *Top Gear* Double bill.
6.00 **Would I Lie to You?** With Dara O Briain and Vernon Kay.
6.40 Guests include Charles Dance and Stephen Mangan.



3.00 **Red Bull Soapbox Race**

7.20 **Would I Lie to You?** With Warwick Davis, Joan Bakewell, Paul Hollywood and Jason Manford.

8.00 **Not Going Out** Lee and Lucy find themselves addicted to a TV box set.

8.40 Lee and Lucy object to the school lollipop man handing out sweets to the kid.
9.20 Lucy begins to consider having a breast augmentation.

10.00 **Mel Giedroyc: Unforgivable** Jack Dee reveals all about an unintentional rock and roll night on tour.

11.00 **QI XL** With Sue Perkins.

12.00 M'T to 1.00 AM (GMT) **Have I Got a Bit More News for You**

2.00 AM (BST) **Jon Richardson: Ultimate Worrier**

3.00 **Yianni: Supercar Customiser**

3.35 to 4.00 AM **The Indestructibles**

+1 hour 211 131 25

9.05 **FILM** *Jaws* Steven Spielberg's monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 PM to 1.45 AM (GMT) **FILM** *Predators* Sci-fi action sequel starring Adrien Brody, Topher Grace and Alice Braga. A small group of highly trained killers land on an alien planet. (2010, 15, 102min) ★★★

2.45 to 3.00 AM (BST) **Unwind**

+1 hour 220 175 60 118

GREAT! tv

157 189 50 142

6.00 AM *Perception* (S2)
11.00 *Body of Proof* (S2)
4.00 PM *Castle* GDS: 14/22. The author returns to LA
5.00 *Fidelis Ad Mortem*: 15/22. A recruiting officer at the NYPD Academy is killed.
6.00 *Heartbreaker*: 16/22. Beckett and Castle are led back to an case solved by Esposito.
7.00 *Death Wish*: 17/22. Castle and Beckett set out on a quest to find a stolen antique.
8.00 *Backstabber*: 18/22. Hayley is implicated in a killing. (S8)
9.00 **Classic Who Wants to Be a Millionaire?**
12.00 M'T to 1.00 AM (GMT) **Classic Who Wants to Be a Millionaire?** Quiz.
2.00 AM (BST) **Sue Thomas: F.B. Eye** 14/19. (S3)
3.00 **Sue Thomas: F.B. Eye**
4.30 to 6.00 AM **Hart to Hart**

+1 hour 257 220 62 143

4seven

137 143 203 49 127

9.00 AM *Four in a Bed*
11.30 *A New Life in the Sun*
3.30 PM *A Place in the Sun*
7.00 *A Place in the Sun* Searching for properties in the white-washed mountain villages of Axarquia in Spain.
8.00 **Extraordinary Escapes with Sandi Toksvig** 5/6. Sandi and Philippa Perry escape to Scotland's Highlands and Islands.
9.00 **The Great Celebrity Bake Off for Stand Up to Cancer** 1/5. Emma Willis, Clara Amfo, Alex Horne and Blake Harrison take part.
10.15 **999: On the Front Line** A woman who is pregnant and has tested positive for COVID-19 has had a migraine for seven days.
11.20 **24 Hours in A&E** to 1.30 AM (GMT) **Gogglebox**
12.25 to 1.30 AM (GMT) **Gogglebox**
2.30 to 5.00 AM (BST) **Come Dine with Me**

+1 hour 252 229

5USA

141 141 153 21 129

9.00 AM *Murder, She Wrote*
1.00 PM *Murder, She Wrote*
7.10 *Jesse Stone: Thin Ice* Detective thriller starring Tom Selleck.
9.00 **Yellowstone** *The Unravelling - Part One*: 8/9. Rip faces a sheriff's investigation. (S1)
10.00 **Law & Order: Special Victims Unit** *Hunting Ground*: 15/23. A child prostitute disappears.
11.00 *Child's Welfare*: 16/23. Benson helps her estranged half-brother.
11.55 *Blood Brothers*: 3/23. Benson investigates a suspected rape. (S13)
12.55 to 1.50 AM (GMT) **Law & Order: Special Victims Unit** (S13)
2.50 AM (BST) **Law & Order: Criminal Intent**
4.25 **Criminals: Caught on Camera** Real footage.
4.50 to 5.00 AM **Entertainment News**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM *Entertainment News*
8.05 *Judge Judy*
9.40 **Caught on Camera: Funniest Moments**
10.40 **FILM** *Maid in Manhattan* (2002, PG) ★★★
12.50 PM **FILM** *Shirley Valentine* Comedy. (1989, 15) ★★★★★
3.00 **FILM** *Made of Honor* Comedy. (2008, 12) ★★
5.05 **FILM** *Dirty Dancing* Musical drama. (1987, 12, 96min) ★★★★★
7.10 **FILM** *50 First Dates* Comedy. (2004, 12, 99min) ★★★★★
9.00 **FILM** *Robin Hood* Adventure. (2018) ★★
11.10 PM to 1.25 AM (GMT) **FILM** *White Chicks* Comedy. (2004, 15) ★
2.25 AM (BST) **999: Critical Condition**
3.20 **Thieves & Thugs: Caught On Camera**
4.15 to 5.00 AM **The World's Most Expensive Hotels**

+1 hour 228 186 141

W

109/110 109/110 125 211

6.10 AM *The Bill*
11.00 *Tipping Point*
5.00 PM *My Family* Six episodes of the comedy series, including at:
7.00 Ben buys the house next door.
7.40 Michael goes on a military cadet weekend.
8.20 Roger pops the question to Abi.
9.00 **Miranda** The shop owner is trapped in her flat caring for her mother.
9.40 Miranda realises she is more attracted to Gary than ever.
10.20 A fed up Miranda packs her bags to go travelling.
11.00 **Louis Theroux's Altered States**
12.00 M'T to 1.00 AM (GMT) **Louis Theroux: Twilight of the Porn Stars**
2.00 to 3.00 AM (BST) **The Shift: Women on the Force**

+1 hour 209/210 190

Drama

143 130 20 158

7.10 AM **Hetty Wainthropp Investigates**
9.00 **Where the Heart Is**
11.00 **Sister Boniface Mysteries** 3/10. (S1)
12.00 NOON **Sharpe**
2.00 PM **One Foot in the Grave** Triple bill.
4.00 **Hetty Wainthropp Investigates** 1&2/6. (S4)
6.00 **The Brokenwood Mysteries** 4/4. (S5)
8.00 **Shakespeare & Hathaway: Private Investigators** (S3)
9.00 **Rebus** *Let It Bleed*: The detective investigates an apparent suicide.
10.35 **The Heart Guy** *Bridge Over Troubled Water*: 5/8. Hugh is forced to choose sides.
11.40 *Reasonable Doubt*: 6/8. Meryl's corruption trial takes a surprising twist (S5)
12.50 to 3.00 AM (GMT) **The Brokenwood Mysteries**

+1 hour 243 226 74

CBS Drama

- 147 197 68 134**
- 9.00 AM **JAG** (S1&2)
 - 2.00 PM **Medical Detectives**
 - 4.00 **Judge Judy** Real-life small-claims cases.
 - 9.00 **Psychic Private Eyes** Jane Gallifant recounts the disturbing tale of her father's disappearance.
 - 10.00 **Medium** *Everything Comes to a Head:* 22/22. Guest stars Neve Campbell. (S3)
 - 11.00 *Pilot:* 1/16. A woman is plagued by visions of the dead. (S1)
 - 12.05 to 1.00 AM (GMT) **Medium** *Suspicions and Certainties:* 2/16. Allison is asked to help select a jury for a murder trial.
 - 2.00 AM (BST) **Medium A Couple of Choices:** 3/16. Allison dreams about a mysterious death.
 - 3.00 *Night of the Wolf:* 4/16. Another family member begins seeing the dead. (S1)
 - 4.00 to 6.00 AM **Judge Judy**

HGTV

- 158 286 44 166**
- 7.00 AM **Honey I Bought the House** House-hunting challenge show.
 - 8.00 **The Great Interior Design Challenge**
 - 9.00 **Escape to the Country**
 - 10.00 **My Mortgage Free Home** Property series.
 - 11.00 **DIY SOS** Four editions.
 - 1.00 PM **Fixer Upper**
 - 3.00 **Sarah Beeny's Renovate Don't Relocate**
 - 5.00 **A Place in the Sun**
 - 8.00 **Escape to the Country** Helping a passionate horse enthusiast search for a rural respite.
 - 9.00 A married couple seek a romantic retirement home in the Dorset countryside.
 - 10.00 **DIY SOS** Four editions.
 - 12.00 M'T to 1.00 AM (GMT) **Christina on the Coast**
 - 2.00 AM (BST) **Honey I Bought the House**
 - 3.00 to 4.00 AM **Island Life**
- +1 hour 258 290**

Really

- 142 128 17 160**
- 6.00 AM **Celebrity Fantasy Homes** With David Gest.
 - 7.00 **Teleshopping**
 - 8.00 **Homes Under the Hammer** Five editions.
 - 1.00 PM **A Place in the Sun**
 - 3.00 **Dales for Sale**
 - 4.00 **Helicopter ER**
 - 7.00 **It's Me or the Dog UK**
 - 8.00 **Saving Lives at Sea** A father and son are in danger after trying to rescue a dog.
 - 9.00 **The Holzer Files** **New edition** The team visit a mansion for a paranormal investigation.
 - 10.00 **Haunted Hospitals** **New edition** A janitor is attacked by the territorial ghost of a hospital cook.
 - 11.00 **Ghost Adventures**
 - 12.00 M'T to 1.00 AM (GMT) **Kindred Spirits**
 - 2.00 AM (BST) **Teleshopping**
 - 4.00 to 6.00 AM **A Place in the Sun**

CBS Justice

- 148 192 41 137**
- 8.30 AM **The Key of David**
 - 9.00 **Diagnosis Murder**
 - 12.00 NOON **JAG** (S2)
 - 2.00 PM **CSI: Miami** (S3)
 - 7.00 **JAG** *Jinx:* 3/15. Harm investigates an accident.
 - 8.00 *Heroes:* 4/15. Harm and Mac face each other in court. (S2)
 - 9.00 **NCIS** *Hit-and-Run:* 13/24. A Marine lance corporal is involved in a fatal car crash.
 - 10.00 *Canary:* 14/24. Guest stars Vik Sahay.
 - 11.00 *Hereafter:* 15/24. The team investigate a fight club. (S10)
 - 12.00 M'T to 1.00 AM (GMT) **NCIS** *Detour:* 16/24. Guest stars Valerie Cruz.
 - 2.00 AM (BST) **NCIS** *Prime Suspect:* 17/24. Gibbs's barber suspects his son may be a killer. (S10)
 - 2.55 **JAG** 3&4/15. (S2)
 - 4.40 **Diagnosis Murder**
 - 5.25 to 6.00 AM **Medical Detectives**

Food Network

- 140 285 43 148**
- 6.00 AM **Guy's Grocery Games** Double bill.
 - 8.00 **The Pioneer Woman**
 - 9.00 **Ranch Wedding**
 - 10.00 **Girl Meets Farm**
 - 11.00 **Barefoot Contessa - Back to Basics**
 - 12.00 NOON **Delicious Miss Brown** Double bill.
 - 1.00 PM **River Cottage Veg**
 - 3.00 **James Martin's French Adventures**
 - 7.00 **Ainsley's Food We Love** With former *Bake Off* winner Candice Brown.
 - 8.00 **Rick Stein's Fruits of the Sea** Bouillabaisse and squid with red wine.
 - 8.30 A seafood banquet.
 - 9.00 **Man v Food Nation**
 - 9.30 **Man v Food**
 - 10.00 **Man v Food: Best Of**
 - 12.00 M'T to 1.00 AM (GMT) **Diners, Drive-Ins and Dives** Double bill.
 - 2.00 to 3.00 AM (BST) **River Cottage Spring**
- +1 hour 240 149**

Blaze

- 164 216 64 162**
- 6.00 AM **The Curse of Oak Island: Drilling Down**
 - 7.00 **Cities of the Underworld**
 - 9.00 **Wicked Tuna**
 - 10.00 **The Liquidator**
 - 11.00 **Hardcore Pawn**
 - 3.00 PM **Ancient Aliens**
 - 8.00 **Storm Stories** The 2004 tsunami's impact on Thailand.
 - 9.00 **Court Cam** Triple bill.
 - 10.30 **Hardcore Pawn** A customer has an unusual request.
 - 11.00 **Paranormal: Caught on Camera** The spirit leaves its handprint on a bathroom mirror.
 - 12.00 M'T to 1.00 AM (GMT) **William Shatner's Weird or What?**
 - 2.00 AM (BST) **Monsterquest**
 - 3.00 **Believers: Extreme Hauntings**
 - 4.00 to 6.00 AM **Hardcore Pawn**
- +1 hour 81**

Challenge

- 160 160 48 146**
- 7.00 AM **The Chase**
 - 9.00 **Wheel of Fortune**
 - 11.30 **Family Fortunes**
 - 1.30 PM **All Star Family Fortunes** Double bill.
 - 3.00 **Strike It Lucky** Double bill of the game show.
 - 4.00 **The Cube** Two more competitors take part in the contest.
 - 5.00 **The Chase** Four editions of the quiz show hosted by Bradley Walsh.
 - 9.00 **The Chase** **Celebrity Special** Jason Gardiner, Ashley Roberts, Linda Robson and Christopher Biggins try to win thousands of pounds for charity by outwitting a trivia expert. Hosted by Bradley Walsh.
 - 10.00 **The Chase** Quiz hosted by Bradley Walsh.
 - 11.00 PM to 1.00 AM (GMT) **Bullseye** Four editions of the darts-based quiz.
 - 2.00 AM (BST) **Bullseye**
 - 5.00 to 6.00 AM **The Chase**

DMAX

- 172 171 39 150**
- 6.00 AM **Deadliest Catch**
 - 9.00 **Disasters at Sea**
 - 12.00 NOON **American Pickers** Triple bill.
 - 3.00 PM **Fast N' Loud**
 - 6.00 **G.A.S. Extreme Customs**
 - 7.00 **Kindig Customs** Dave is called in to be a judge during car show season.
 - 8.00 **The Zoo** A gorilla is treated for glaucoma.
 - 9.00 **Dr Jeff: Rocky Mountain Vet**
 - 10.00 **My Cat from Hell**
 - 11.00 **Curse of the Bermuda Triangle** Documentary.
 - 12.00 M'T to 1.00 AM (GMT) **Nasa's Unexplained Files**
 - 2.00 AM (BST) **Naked and Afraid XL**
 - 3.00 **Bear Grylls: Born Survivor**
 - 3.50 **Tanked**
 - 4.40 **Maine Cabin Masters**
 - 5.30 to 6.00 AM **Salvage Dawgs**
- +1 hour 272 214 151**

TLC

- 133 133 828 167 323 377**
- 6.00 AM **Say Yes... UK**
 - 7.00 **Say Yes... Atlanta**
 - 8.00 **Say Yes... Lancashire**
 - 10.00 **Say Yes to the Dress**
 - 12.00 NOON **Say Yes... Atlanta**
 - 1.00 PM **Curvy Brides Boutique** Four editions.
 - 3.00 **Dr Pimple Popper**
 - 5.00 **Say Yes... UK**
 - 7.00 **Say Yes to the Dress: America**
 - 8.00 **Bride & Prejudice: The Forbidden Weddings**
 - 9.00 **My 600lb Life**
 - 10.00 **Heartbreak Island**
 - 11.00 **My Feet Are Killing Me**
 - 12.00 M'T to 1.00 AM (GMT) **Bride & Prejudice: The Forbidden Weddings**
 - 2.00 AM (BST) **Curvy Brides Boutique**
 - 3.00 **Curvy Brides Boutique**
 - 4.00 **Say Yes to the Dress: Randy Knows Best**
 - 5.00 to 6.00 AM **Curvy Brides Boutique**
- +1 hour 233 172**

E!

- 151 151 835 164 163**
- 7.00 AM **True Hollywood Story** Documentary.
 - 8.00 **Total Bellas**
 - 11.00 **Dash Dolls**
 - 1.00 PM **News: Daily Pop**
 - 2.00 **Keeping Up with the Kardashians**
 - 7.00 **Keeping Up with the Kardashians** The siblings return home to wish their father well as Bruce prepares to transition.
 - 8.00 Kim and Khloe visit the land of their ancestors - Armenia.
 - 9.00 Kim arranges a special stop in Jerusalem to have North baptised.
 - 10.00 **True Hollywood Story** The rise of Elon Musk, Jay-Z and Sara Blakely.
 - 11.00 **Temptation Island** The guys feel the effect of their actions.
 - 12.00 M'T to 1.00 AM (GMT) **Teleshopping**
 - 2.00 to 6.00 AM (BST) **Mariah's World**

5Action

- 150 187 150 33 132**
- 9.00 AM **The Gadget Show**
 - 10.00 **Police Interceptors: Fast & Furious**
 - 11.00 **Police Interceptors**
 - 12.55 PM **Trucking Hell**
 - 1.55 **FILM** *The Perfect Storm* Action drama. (2000, 12, 129min) ★★★★★
 - 4.30 **FILM** *Every Which Way But Loose* Action comedy. (1978, 12, 114min) ★★★
 - 6.45 **FILM** *Any Which Way You Can* Action comedy sequel. (1980, 15, 116min) ★★★
 - 9.00 **FILM** *The Good, the Bad and the Ugly* Sergio Leone's Spaghetti Western. (1966, 15, 155min) ★★★★★
 - 12.40 to 3.40 AM (GMT) **FILM** *Papillon* Drama. (2017, 15, 133min) ★★★
 - 4.40 (BST) **Treadstone** (S1)
 - 5.25 **Criminals: Caught on Camera**
 - 5.50 to 6.00 AM **Entertainment News**

5SELECT

- 153 152 56 133**
- 9.00 AM **GPs: Behind Closed Doors** Four editions.
 - 1.00 PM **Watercolour Challenge** Five editions.
 - 6.00 **Ben Fogle: New Lives in the Wild** Ben returns to New Zealand to catch up with the Long family.
 - 7.00 Ben reunites with a man living in the swamplands of Georgia.
 - 8.00 Ben reunites with a couple living off the west coast of Australia.
 - 9.00 **Inside the McVitie's Biscuit Factory** A visit to the McVitie's factory.
 - 10.00 **Princess Margaret: A Scandalous Affair**
 - 11.00 **The Mountbattens: A Scandalous Marriage**
 - 12.00 M'T to 1.00 AM (GMT) **Jo Brand: 30 Years of Funny**
 - 2.00 AM (BST) **The Highland Midwife** Documentary.
 - 3.05 **The Highland Vet**
 - 4.50 to 5.00 AM **Entertainment News**

Sky Documentaries

- 121 121 819 278 277 352 367**
- 6.00 AM **Discovering**
 - 8.00 **The Directors**
 - 9.00 **The Man Who Bought Cricket**
 - 11.00 **Drew: The Man Behind the Poster**
 - 1.00 PM **Honeyland**
 - 2.35 **FILM** *Kipchoge: The Last Milestone* Following Eliud Kipchoge's record-shattering feat. (2021, 12, 87min) ★★★★★
 - 4.05 **What's My Name: Muhammad Ali**
 - 7.00 **UFO** Psychiatrist John Mack's investigation into alien abduction.
 - 8.00 **FILM** *The Fog of War* Documentary. (2003, PG, 107min) ★★★
 - 10.00 **Twist of Faith**
 - 11.50 PM to 1.40 AM (GMT) **I Am Steve McQueen**
 - 2.40 AM (BST) **Becoming Warren Buffett**
 - 3.30 **PL Legends: Paolo Di Canio**
 - 4.00 to 6.00 AM **The Directors**

Sky Crime

- 122 122 820 137 136 348 363**
- 6.00 AM **Road Wars**
 - 7.00 **Highway Patrol**
 - 11.00 **Brit Cops: Rapid Response** Double bill.
 - 1.00 PM **Road Wars**
 - 2.00 **How I Caught the Killer**
 - 3.00 **World's Most Evil Killers**
 - 4.00 **Britain's Most Evil Killers** Double bill.
 - 6.00 **Killer in My Village**
 - 7.00 **Murdered at First Sight** The story of two teenage girls who fell victim to the same killer.
 - 8.00 **World's Most Evil Killers** The horrific crimes committed by Robert Berdella.
 - 9.00 **Death on the Beach** Triple bill of the series.
 - 12.00 M'T to 1.00 AM (GMT) **Britain's Most Evil Killers** Mark Martin.
 - 2.00 AM (BST) **Britain's Most Evil Killers** Triple bill.
 - 5.00 to 6.00 AM **Motorway Patrol**
- +1 hour 222 207**

Quest

- 144 144 834 169 12 114 172**
- 6.00 AM **Massive Engineering Mistakes**
 - 7.00 **Mega Shippers**
 - 8.00 **Wheeler Dealers**
 - 3.00 PM **Incredible Engineering Blunders: Fixed** A stadium roof.
 - 4.00 **Massive Engineering Mistakes** A luxury apartment block.
 - 5.00 **Mighty Trains**
 - 6.00 **Vintage Voltage**
 - 7.00 **Salvage Hunters**
 - 9.00 **EFL on Quest**
 - 10.00 **The Repair Shop** A pair of art deco statuettes.
 - 11.00 **I Got Lucky: Survival Stories** Double bill.
 - 12.00 M'T **Chaos Caught on Camera** A flash flood.
 - 12.30 to 1.00 AM (GMT) **How Do They Do It?**
 - 2.00 (BST) **Mega Shippers**
 - 3.00 **Salvage Hunters**
 - 4.00 **Mighty Ships**
 - 5.00 to 6.00 AM **How It's Made**
- +1 hour 244 213 70 168**

Sky Nature

- 124 124 822 280 279 354 369**
- 6.00 AM **Battle of the Alphas** Four editions.
 - 8.00 **David Attenborough's Global Adventure**
 - 9.00 **Orangutan Jungle School** Four editions.
 - 1.00 PM **My Garden of a Thousand Bees**
 - 2.00 **David Attenborough's Conquest of the Skies**
 - 3.00 **Hope for Wildlife**
 - 8.00 **Micro Monsters with David Attenborough**
 - 9.00 **Age of the Big Cats**
 - 10.00 **Africa's Claws and Jaws** The snakes and lizards that lurk in the African shadows.
 - 11.00 **My Garden of a Thousand Bees**
 - 12.00 M'T to 1.00 AM (GMT) **Wild Pacific Rescue**
 - 2.00 AM (BST) **Rewilding**
 - 3.00 **Bear: Koala Hero**
 - 4.00 **Pridelands: Wilderness Reborn**
 - 5.00 to 6.00 AM **Battle of the Alphas**

CBS Reality

- 146 148 67 135**
- 9.00 AM **Judge Judy**
 - 5.00 PM **Something's Killing Me** Double bill.
 - 7.00 **48 Hours** The strange disappearance of Mary Day in 1981.
 - 8.00 The wife of a New York City businessman is suspected of killing him.
 - 9.00 **Donal MacIntyre's Released to Kill** The case of Leroy Campbell.
 - 10.00 A murderer strikes again whilst on day release from prison.
 - 11.00 The case of Marvyn Iheanacho.
 - 12.00 M'T to 1.00 AM (GMT) **Donal MacIntyre's Released to Kill** The case of David Cook.
 - 2.00 AM (BST) **Donal MacIntyre's Released to Kill** As 9.00pm.
 - 3.00 **Unsolved Mysteries**
 - 5.10 to 6.00 AM **Celebrity Damage Control**
- +1 hour 246 201 136**

Quest Red

- 149 170 40 169**
- 6.00 AM **Say Yes... UK**
 - 7.00 **Animal Cops Detroit**
 - 9.00 **My 600lb Life**
 - 12.00 NOON **Hoarding: Buried Alive**
 - 1.00 PM **Long Lost Family Australia** Documentary.
 - 2.00 **Say Yes... Lancashire**
 - 6.00 **Dr Pimple Popper**
 - 7.00 **Who Do You Think You Are?** With choirmaster Gareth Malone.
 - 8.00 **American Monster**
 - 9.00 **Murder on CCTV** **New edition**
 - 10.00 **Children of the Cult** **New edition**
 - 11.00 **The Lake Erie Murders**
 - 12.00 M'T to 1.00 AM (GMT) **Forensic Detectives**
 - 2.00 AM (BST) **Murder Comes to Town**
 - 3.00 **FBI Files**
 - 3.50 **Animal Cops Phoenix**
 - 4.40 **Dog Detectives**
 - 5.30 to 6.00 AM **Say Yes to the Dress**
- +1 hour 249 71 170**

Discovery

125 125 823 250 322 376

- 6.00 AM **Building Off the Grid**
- 12.00 NOON **Alaska: Homestead Rescue** A homestead in Hawaii is threatened by a flash flood.
- 1.00 PM An homestead under constant threat of fire.
- 2.00 A North Carolina couple mend their ramshackle cabin.
- 3.00 A hungry grizzly wreaks havoc on a homestead.
- 4.00 The Raney's arrive at a troubled homestead.
- 5.00 A homesteader attracting bears with his bee hives.
- 6.00 **Wheeler Dealers: Dream Car**



10.00 **Motor Mythbusters**

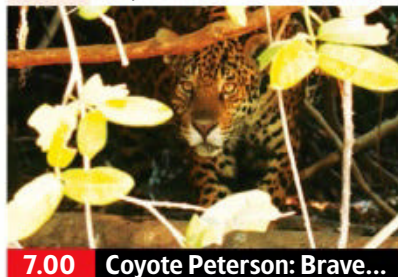
- 7.00 **Gold Rush: White Water** Dakota Fred and his son Dustin risk their lives to find a fortune in gold nuggets.
- 8.00 **Gold Rush** The gold miners of the Yukon put everything on the line in the hopes of striking it rich.
- 9.00 **Building Off the Grid** Two renovators purchase land in a remote part of Colorado.
- 10.00 **Motor Mythbusters** *New edition* The team test whether a turbo makes a hybrid more efficient.
- 11.00 **Legendary Locations** Exploring six locations where the dead are never forgotten.
- 12.00 M'T to 1.00 AM (GMT) **Contact Project** Investigating Argentina's most credible military encounter.
- 2.00 AM (BST) **Contact Project**
- 5.40 to 6.00 AM **How It's Made**

+1 hour 225 258

Animal Planet

162 251 325 378

- 8.00 AM **Animal Airport**
- 9.00 **Animal Precinct**
- 10.00 **The Zoo**
- 11.00 **Treehouse Masters**
- 1.00 PM **Edge of Alaska**
- 2.00 **Alaska Monsters**
- 3.00 **Restoration Wild**
- 4.00 **Saved By the Barn**
- 5.00 **Sharks of the Shadowlands** The behavioural patterns of the mysterious sevengill sharks.
- 6.00 **The Crocodile Hunter: Best of Steve Irwin** Steve relocates new crocodile Casper into a new area.



7.00 **Coyote Peterson: Brave...**

- 7.00 **Coyote Peterson: Brave the Wild** Coyote heads to Texas in search of a rumoured giant snapping turtle.
- 8.00 **Edge of Alaska** Jeremy walks a bull calf home, and he soon comes face-to-face with a hungry black bear.
- 9.00 **Alaska Monsters** The team head to Fairbanks to investigate reports of a creature known as the Northern Giant.
- 10.00 **Finding Bigfoot** The four experts take the step of visiting the wilds of the Australian Outback in search of the 'Yowie'.
- 11.00 **In Search of Monsters**
- 12.00 M'T to 1.00 AM (GMT) **I Was Prey** A woman attacked by a moose while out hiking.
- 2.00 AM (BST) **How Do Animals Do That?** Double bill.
- 2.30 **How Do Animals Do That?**
- 3.00 **Alaska Monsters** As 9.00pm.
- 4.00 to 5.00 AM **Finding Bigfoot**

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

- 8.00 AM **D-Day Sacrifice**
- 10.00 **Hitler's Teen Killers**
- 11.00 **Nazi Death Camp: The Great Escape**
- 12.00 NOON **Building Hitler's Supergun: The Plot to Destroy London**
- 1.00 PM **Churchill's German Army**
- 2.00 **Nazi Sunken Sub**
- 3.00 **Dark Secrets of the Lusitania**
- 5.00 **Gallipoli's Deep Secrets** Dr Robert Ballard dives in Turkish waters to find ships wrecked during World War One.
- 6.00 **The Emirates From Above**



9.00 **Lost Cities with Albert Lin**

- 7.00 **Gordon Ramsay: Uncharted** Gordon Ramsay explores the complex flavours of Southern India.
- 8.00 **Running Wild with Bear Grylls** Channing Tatum joins Bear on a seven-mile trek through Norway's mountains.
- 9.00 **Lost Cities with Albert Lin** The scientist explores England and Scandinavia to discover the secrets of Stonehenge.
- 10.00 **Lost Cities with Albert Lin** The archaeologist goes in search of famous lost historical sites, beginning in Acre, Israel.
- 11.00 **Trafficked with Mariana Van Zeller** Motorcycle gangs.
- 12.00 M'T to 1.00 AM (GMT) **Trafficked with Mariana Van Zeller** Peruvian forgers.
- 2.00 AM (BST) **Banged Up Abroad** Double bill.
- 4.00 to 5.00 AM **Airport Security: First Class**

+1 hour 229 267

Sky History

123 123 821 270 353 368

- 6.00 AM **The Strongest Man in History** Documentary.
- 7.00 **WW2 Treasure Hunters**
- 9.00 **Pawn Stars** Double bill.
- 11.00 **Storage Wars** Four editions.
- 1.00 PM **Swamp People: Serpent Invasion** Triple bill.
- 4.00 **Counting Cars**
- 5.00 **Curse of the Ancients** Professor Alice Roberts assesses the Roman Empire.
- 6.00 **Secrets of the Lost Ark** A team of archaeologists embark on a quest to unearth the Ark of the Covenant.



1.00 **Swamp People: Serpent...**

- 7.00 **Digging Up Britain's Past** The team seek artefacts from the country's first superhighway – the Bridgewater Canal.
- 8.00 **Digging Up Britain's Past** Raksha Dave looks for the remains of a World War One stable at Catterick Garrison.
- 9.00 **North Korea: Dark Secrets** Documentary lifting the lid on the complicated history and extreme politics that left the North Korean people suffering famines, labour camps and public executions.
- 11.00 **The Proof Is Out There** Possible proof of teleportation. 11.30 A possible mythical large black creature.
- 12.00 M'T to 1.00 AM (GMT) **Forged in Fire**
- 2.00 AM (BST) **Paranormal: Caught on Camera**
- 3.00 to 6.00 AM **Forged in Fire**

+1 hour 223 271

Yesterday

155 129 27 159

- 6.00 AM **The Great War in Numbers** Double bill.
- 8.00 **Great British Landmark Fixers** A team of craftspeople work to restore Canterbury Cathedral to its former glory.
- 9.00 **Bangers and Cash**
- 1.00 PM **Abandoned Engineering**
- 4.00 **Great British Railway Journeys** Six editions of the series, including at: 6.00 Michael Portillo travels from Newcastle to Lindisfarne. 6.30 The first leg of a journey from south Wales to Cambridge.



10.00 **One Foot in the Grave**

- 7.00 **Great British Railway Journeys** A visit to a traditional cider house. 7.30 Michael Portillo visits Big Pit coal mine.
- 8.00 **Great British Railway Journeys** Michael Portillo visits Oxford University. 8.30 A journey from Oakham to Cambridge.
- 9.00 **Smoke & Steel** Examining a cliff in England that offered the public a new ride experience.
- 10.00 **One Foot in the Grave** Victor and Margaret get trapped in the shed. 10.40 Victor decides to take up art classes.
- 11.20 **One Foot in the Grave** Victor and Margaret get ready for a holiday in Athens – but an electricity board representative delays their preparations.
- 12.00 M'T to 1.00 AM (GMT) **Great British Landmark Fixers**
- 2.00 to 3.00 AM (BST) **The Great War in Numbers**

+1 hour 255 200 75

Disc. History

177 257

- 6.00 AM **Man v The Universe**
- 8.00 **How the Universe Works** Documentary.
- 9.00 **Combat Dealers: Reloaded** Triple bill.
- 12.00 NOON **Mighty Ships**
- 3.00 PM **Combat Dealers**
- 5.00 **Combat Dealers: Reloaded** Documentary.
- 6.00 **Curse of the Bermuda Triangle**
- 7.00 **The Alaska Triangle** A famous UFO case occurs above Alaska.
- 8.00 **Dan Snow's Battle of the Somme** Dan explores his family's link to the battle in 1916.
- 10.00 **Churchill's Toyshop**
- 11.00 **Tony Robinson's Victory In Europe**
- 12.00 M'T to 1.00 AM (GMT) **Wings of War**
- 2.00 AM (BST) **Combat Dealers** Double bill.
- 4.00 to 6.00 AM **Combat Dealers: Reloaded**

+1 hour 277 261

Eden

166 245 247

- 9.00 AM **Blue Planet II**
- 10.00 **Africa** Triple bill.
- 1.00 PM **Africa's Fishing Leopards...**
- 2.00 **Africa's Giant Killers: Natural World**
- 3.00 **Wild Africa**
- 4.00 **Africa** Triple bill.
- 7.00 **Africa's Fishing Leopards: Natural World** A leopard and its cubs try to survive in the wilds of Botswana.
- 8.00 **Africa's Giant Killers: Natural World**
- 9.00 **Wild Africa**
- 10.00 **Africa** Double bill.
- 12.00 M'T to 1.00 AM (GMT) **Africa** Documentary.
- 2.00 AM (BST) **Africa's Fishing Leopards: Natural World** As 7pm.
- 3.00 **Africa's Giant Killers: Natural World**
- 4.00 **Animal Social Network**
- 5.35 to 6.00 AM **Collar of Duty**

+1 hour 266 246

WILD

165 165 841 264 265

- 8.00 AM **Ocean's Weirdest**
- 11.00 **Wonders of the Ocean**
- 1.00 PM **Africa's Blood River**
- 2.00 **The Truth Behind**
- 3.00 **The Croc that Ate Jaws**
- 4.00 **Shark Beach with Chris Hemsworth**
- 5.00 **Alaska's Deadliest**
- 6.00 **Wild Mississippi**
- 7.00 **The Flood: Africa's Okavango** The wildlife of the Okavango Delta, at the heart of Southern Africa's largest desert.
- 8.00 **Ocean Fight Club** Techniques used by both predator and prey in the ocean.
- 9.00 **The Truth Behind** An investigation into the Loch Ness monster.
- 10.00 **Ocean's Weirdest**
- 12.00 M'T to 1.00 AM (GMT) **Ocean's Weirdest**
- 2.00 AM (BST) **Cave Crocs of Gabon** Documentary.
- 3.00 to 5.00 AM **Wonders of the Ocean**

+1 hour 229 267

Sky History 2

163 163 840 272

- 8.00 AM **Ancient Aliens**
- 1.00 PM **Brad Meltzer's Lost History** A ring worn by JFK's assassin. 2.00 The team hunt for the Porsche James Dean drove to his death. 3.00 Millions of coins from a US mint. 4.00 The team hunt for Hitler's photo album. 5.00 The Ground Zero Flag raised by firefighters on 9/11.
- 6.00 **Monsterquest** The giant python in the US. 7.00 Sightings of a monster in Kentucky. 8.00 A beast with reptilian skin.
- 9.00 **Barbarians**
- 10.00 **Paranormal: Caught on Camera**
- 11.00 **Ancient Aliens**
- 12.00 M'T to 1.00 AM (GMT) **Shootout**
- 2.00 AM (BST) **Shootout**
- 3.00 to 5.00 AM **Monsterquest**

+1 hour 223 271

PBS America

174 273 84 155

- 8.00 AM **Propaganda: The Art of Selling Lies**
- 9.20 **Plane Crash Recreated**
- 1.00 PM **Beautiful Serengeti**
- 1.35 **Plane Crash Recreated**
- 5.05 **Hitler's Circle of Evil** The mixed fortunes of Rudolf Hess. 6.15 SS deputy head Reinhard Heydrich. 7.30 Hitler's promotion of architect Albert Speer. 8.40 How the inner circle tried to save itself as Germany faced defeat. 9.50 How the members of the inner circle looked for an exit strategy.
- 11.00 **Plane Crash Recreated** A 747 that suffered a fatal decompression.
- 12.15 to 1.00 AM (GMT) **Plane Crash Recreated**
- 2.30 (BST) **Plane Crash Recreated**
- 3.35 to 4.00 AM **Beautiful Serengeti**

+1 hour 87

CI

156 156 837 209

- 6.00 AM **On the Case with Paula Zahn**
- 9.00 **Killer in Plain Sight**
- 12.00 NOON **Accused: Guilty or Innocent?**
- 2.00 PM **On the Case with Paula Zahn**
- 7.00 **Murder at My Door With Kym Marsh** Cases of people murdered by someone they thought they could trust. 8.00 The case of Susan Annis, a nurse who died under suspicious circumstances.
- 9.00 **Killer Britain with Dermot Murnaghan**
- 10.00 **Mastermind of Murder**
- 11.00 **Court Cam: Under Oath**
- 12.00 M'T to 1.00 AM (GMT) **Homicide: Hours to Kill**
- 2.00 AM (BST) **Meet, Marry, Murder** Documentary.
- 3.00 **Green Eyed Killers**
- 4.00 to 6.00 AM **Killer in Plain Sight**

+1 hour 256 222

SATURDAY Films

Saturday

8 PM

9 PM

10 PM

11 PM

primetime

Sky Cinema Premiere

301 301 848 401 501 515

- 6.00 AM **The Ooglies** As 4.15pm.
- 7.45 **Our Ladies** As 4.00am.
- 9.45 **Fast & Furious 9** As 8.00pm.
- 12.25 PM **Reminiscence** As 6.00pm.
- 2.30 **Blacklight** As 12.15am.
- 4.15 **The Ooglies** Animation with the voice of Ben Young. (2021, PG, 85min) ★★★
- 6.00 **Reminiscence** Sci-fi mystery romance starring Hugh Jackman, Rebecca Ferguson and Thandiwe Newton. (2021, 12, 116min) ★★★



10.30 **Don't Breathe 2**

- 8.00 **Fast & Furious 9** Action sequel starring Vin Diesel, Jordana Brewster, John Cena and Michelle Rodriguez. The crew must take on an international terrorist, who turns out to be Dom and Mia's estranged brother. (2021, 12, 143min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.30 **PREMIERE Don't Breathe 2** Horror sequel starring Stephen Lang. (2021, 15, 98min) ★★★ See review, page 23. SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.15 to 2.00 AM (GMT) **Blacklight** Action thriller starring Liam Neeson. (2022, 15, 104min) ★
- 3.00 (BST) **Sky Cinema Preview**
- 4.00 to 6.00 AM **Our Ladies** Comedy drama with Abigail Lawrie and Rona Morison. (2019, 15, 106min) ★★★

+1 hour 312

Sky Cinema Greats

304 304 849 404 504 518

- 6.50 AM **2001: A Space Odyssey**
- 9.30 **Crouching Tiger, Hidden Dragon** Period adventure. (2000, 12, 120min) ★★★★★
- 11.45 **Raiders of the Lost Ark** Adventure. (1981, PG) ★★★★★
- 1.55 PM **Chinatown** Crime thriller. (1974, 15, 131min) ★★★★★
- 4.10 **Groundhog Day** Romantic fantasy comedy with Bill Murray. (1993, PG, 103min) ★★★★★
- 6.00 **Days of Thunder** High-speed drama with Tom Cruise, Robert Duvall and Nicole Kidman. (1990, 15, 107min) ★★★
- 8.00 **Indiana Jones and the Temple of Doom** Steven Spielberg's adventure starring Harrison Ford. Indiana Jones escapes a gang boss in Shanghai and encounters an evil cult in India. (1984, PG, 118min) ★★★
- 10.00 **Training Day** Thriller starring Denzel Washington and Ethan Hawke. (2001, 18, 121min) ★★★
- 12.05 to 2.30 AM (GMT) **Goodfellas** Martin Scorsese's gangster drama with Robert De Niro. (1990, 18, 143min) ★★★★★
- 3.30 to 6.00 AM (BST) **2001: A Space Odyssey** Stanley Kubrick's classic sci-fi epic. (1968, U, 136min) ★★★★★

Sky Cinema Hits

303 303 857 403 503 517

- 6.15 AM **Riverdance: The Animated Adventure** (2021, U) ★★★
- 8.00 **Barb & Star Go to Vista Del Mar** Comedy. (2021, 15) ★★★
- 10.00 **Paddington** Family comedy. (2014, PG, 95min) ★★★★★
- 11.45 **Interstellar** As 8.00pm.
- 2.35 PM **Godzilla vs Kong** Sci-fi adventure. (2021, 12) ★★★
- 4.35 **The Losers** Action thriller. (2010, 12, 97min) ★★
- 6.15 **Paddington 2** Comedy sequel. (2017, PG, 104min) ★★★★★



6.15 **Paddington 2**

- 8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey and Anne Hathaway. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. With Michael Caine, Jessica Chastain and Casey Affleck. (2014, 12, 166min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.00 PM to 1.00 AM (GMT) **Mortal Kombat** Fantasy action adventure starring Lewis Tan. (2021, 15, 110min) ★★

- 2.00 AM (BST) **Every Breath You Take** Thriller with Casey Affleck and Michelle Monaghan. (2021, 15, 105min) ★★★

- 4.00 to 6.00 AM **The Colour Room** Period drama starring Phoebe Dynevor, Matthew Goode and David Morrissey. (2021, PG, 109min) ★★★

Sky Cinema Animation

305 305 412 500 514

- 6.00 AM **Open Season 2** As 9.55pm.
- 7.20 **Rock Dog 2: Rock Around the Park** As shown at 1.45pm.
- 9.00 **Snowflake: The White Gorilla**
- 10.40 **Minions** As shown at 5.00pm.
- 12.15 PM **The Queen's Corgi** (2019)
- 1.45 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
- 3.20 **The Croods** Animated comedy. (2013, U, 98min) ★★★★★
- 5.00 **Minions** Animated comedy. (2015, U, 91min) ★★★★★
- 6.35 **The Croods 2: A New Age** Animated comedy sequel with the voice of Nicolas Cage. (2020, U, 95min) ★★★★★
- 8.15 **The Queen's Corgi** Animated comedy with the voice of Julie Walters. (2019, PG, 85min) ★
- 9.55 **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★★★
- 11.15 **Snowflake: The White Gorilla** Animation. (2011, U, 81min) ★★
- 12.55 to 2.30 AM (GMT) **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
- 3.30 (BST) **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
- 4.45 to 6.00 AM **Christmas at Cattle Hill** Animation. (2020, U) ★★

Sky Cinema Family

306 306 850 406 506 520

- 6.50 AM **Call of the Wild** (2009)
- 8.20 **Woody Woodpecker** (2017)
- 9.55 **Hop** Comedy. (2011, U) ★★★
- 11.35 **Charlotte's Web** Adventure. (2006, U, 97min) ★★★★★
- 1.15 PM **Charlie and the Chocolate Factory** (2005, PG) ★★★★★
- 3.15 **Tom & Jerry: The Movie** Comedy. (2021, PG) ★★
- 5.00 **Peter Rabbit 2** Animated sequel. (2020, U, 93min) ★★★
- 6.40 **Woody Woodpecker** Adventure. (2017, PG) ★



6.40 **Woody Woodpecker**

- 8.10 **Are We Done Yet?** Comedy sequel to *Are We There Yet?*, starring Ice Cube. A family man buys a house in the country, only to discover that it requires complete renovation. (2007, PG, 91 min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.50 **Call of the Wild** Adventure based on the novel by Jack London, starring Christopher Lloyd and Ariel Gade. (2009, PG, 87min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.35 PM to 1.15 AM (GMT) **Think Like a Dog** Comedy drama starring Josh Duhamel, Megan Fox and Gabriel Bateman. (2020, PG, 91 min) ★★

- 2.15 AM (BST) **Come Away** Fantasy drama starring David Oyelowo and Angelina Jolie. (2020, PG, 94min) ★★★

- 4.05 to 6.00 AM **The Runaways** Drama with Mark Addy, Tara Fitzgerald and Molly Windsor. (2019, 12, 113min) ★★★

TCM Movies

315 415 416

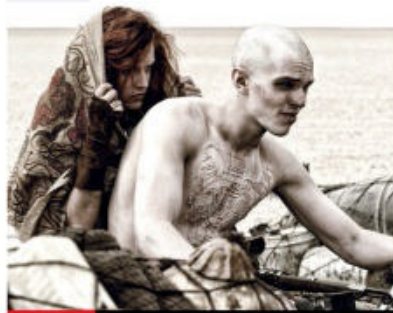
- 6.00 AM **Hollywood's Best Directors**
- 7.45 **Off Set** With Michael Caine.
- 8.15 **Firecreek** (1968, 12) ★★★
- 10.25 **Joe Dakota** Western. (1957, PG, 79min) ★★★★★
- 12.10 PM **The Red Badge of Courage** Drama. (1951, b/w, U) ★★★★★
- 1.40 **Montana Territory** Western. (1952, U, 64min) ★★
- 3.00 **Return to Warbow** Western. (1958, PG, 67min) ★★
- 4.30 **The Forty-Niners** Western. (1954, b/w, PG, 71min) ★★
- 6.00 **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
- 9.00 **Run All Night** Thriller starring Liam Neeson. A hitman turns against the crime family he works for to protect his son from assassination. With Ed Harris. (2015, 15, 114min) ★★★★★
- 11.20 PM to 1.20 AM (GMT) **Swordfish** Action thriller. (2001, 15, 99min) ★★★★★
- 2.20 AM (BST) **Gun Glory** Western. (1957, U, 89min) ★★
- 4.05 **Off Set** With Jamie Cullum.
- 4.30 **Close Up** James Franco.
- 5.00 to 6.00 AM **Hollywood's Best Directors**

+1 hour 316 417

Sky Cinema Action

307 307 851 407 507 521

- 6.00 AM **Elektra** (2005, 12) ★★
- 7.50 **Lucy** Thriller. (2014, 15) ★★★★★
- 9.30 **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★
- 11.30 **Wrath of the Titans** Fantasy. (2012, 12, 99min) ★★
- 1.15 PM **One Shot** Action thriller. (2021, 15, 96min) ★★
- 3.00 **xxX** Thriller. (2002, 12) ★★
- 5.15 **xxX: State of the Union** Action sequel. (2005, 12) ★★
- 7.00 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★



7.00 **Mad Max: Fury Road**

- Mad Max: Fury Road** (film started at 7.00pm) SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.05 **Desperado** Action thriller starring Antonio Banderas and Salma Hayek. A stranger arrives in a small Mexican town to avenge his girlfriend's death at the hands of a local drugs lord. (1995, 18, 105min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.55 **The Raid** Martial arts action thriller starring Iko Uwais and Joe Taslim. (2011, 18, 101 min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.40 to 3.10 AM (GMT) **The Raid 2** Action thriller sequel starring Iko Uwais and Arifin Putra. (2014, 18, 150min) ★★★★★

- 4.10 to 6.00 AM (BST) **Fantastic Four** Fantasy adventure starring Ioan Gruffudd. (2005, PG, 104min) ★★

Talking Pictures

328 445 82 306

- 6.00 AM **Sabotage at Sea** Drama. (1942, b/w, U, 70min) ★★
- 7.15 **Mantovani Plays the Music of Irving Berlin**
- 7.45 **Vengeance Is Mine** Drama. (1949, b/w, PG, 63min) ★★
- 9.00 **Hawkeye & the Last of the Mohicans** (S1)
- 9.30 **The Lone Ranger** (S1)
- 9.55 **Stories From Toytown**
- 10.10 **Runaway Railway** (1966, U) ★★
- 11.10 **Badger's Bend** 7/12. (S2)
- 11.40 **Danny the Dragon** 3/10. (S1)
- 12.00 **NOON The Magnetic Monster** Sci-fi horror. (1953, b/w, PG) ★★
- 1.40 PM **Battle of the V1** War drama. (1958, b/w, PG, 109min) ★★
- 3.40 **Nobody Runs Forever** Thriller. (1968, PG, 101 min) ★
- 5.40 **Sea of Sand** Action drama. (1958, b/w, U, 97min) ★★★★★
- 7.45 **Look at Life** Documentary.
- 8.00 **Maigret The Cactus**: 12/13. (S1)
- 9.05 **Rita, Sue and Bob Too** Comedy drama. (1986, 18, 93min) ★★
- 10.50 PM to 1.10 AM (GMT) **The Boston Strangler** Crime drama. (1968, 18, 110min) ★★★★★
- 2.10 AM (BST) **Switching Channels** Drama. (1987, PG, 97min) ★★
- 4.15 **The Mysterious Mr Davis** Comedy. (1939, b/w, U) ★★
- 5.30 to 6.00 AM **Honey West**

Sky Cinema Comedy

308 308 852 408 508 522

- 6.40 AM **Jack and Jill** (2011, PG) ★★
- 8.25 **Horrible Bosses** (2011, 15, 93min) ★★★★★
- 10.10 **Horrible Bosses 2** Comedy sequel. (2014, 15, 104min) ★★
- 12.10 PM **Zombieland** Horror comedy. (2009, 15) ★★★★★
- 1.50 **Meet the Parents** As 9pm.
- 3.45 **Grown Ups** (2010, 12) ★★★★★
- 5.30 **Grown Ups 2** (2013, 12) ★
- 7.15 **Anchorman: The Legend of Ron Burgundy** Comedy. (2004, 12, 94min) ★★★★★



7.15 **Anchorman**

- Anchorman: The Legend of Ron Burgundy** (film started at 7.15pm) SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **Meet the Parents** Comedy starring Robert De Niro and Ben Stiller. A neurotic male nurse's efforts to impress his girlfriend's father disastrously backfire. With Teri Polo. (2000, 12, 108min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.50 **The Brothers Grimsby** Action comedy starring Sacha Baron Cohen. (2016, 15, 83min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.20 to 2.05 AM (GMT) **Blithe Spirit** Comedy with Isla Fisher. (2020, 12, 95min) ★★★★★

- 3.05 (BST) **We Broke Up** Comedy drama starring Aya Cash. (2021, 15, 80min) ★★★★★
- 4.30 to 6.30 AM **Monte Carlo** Comedy. (2011, PG) ★★★★★

Horror

317 149 69 138

- 8.00 AM **Monster Hunters** Thriller. (2020, 15, 88min) ★
- 10.00 **Dance of the Dead** Horror comedy. (2008, 15) ★★★★★
- 11.00 **The Prisoner** (S1)
- 3.00 PM **Ghost Storm** Horror. (2012, PG, 90min) ★★
- 4.45 **Monster!** Horror thriller. (1999, 15, 86min) ★★
- 6.40 **Moby Dick** Monster movie. (2010, 12, 87min) ★★
- 8.30 **Tales from the Darkside** *The Odds*: A bar-room bookie is baffled by a punter who doesn't seem to be able to lose.
- 9.00 **Cooties** Horror comedy starring Elijah Wood and Rainn Wilson. A gang of misfit teachers must join forces when a mysterious virus turns school kids into zombies. (2014, 15, 88min) ★★
- 10.45 **A Lonely Place to Die** Survival thriller starring Melissa George, Ed Speleers and Sean Harris. (2011, 15, 99min) ★★★★★
- 12.45 to 2.50 AM (GMT) **I Spit on Your Grave** Horror thriller remake starring Sarah Butler. (2010, 18, 107min) ★★
- 3.50 to 4.30 AM (BST) **Tales from the Darkside** As 8.30pm.

+1 hour 318 202 139

Sky Cinema Thriller

- 309 309 853 409 509 523
- 6.20 AM **Sherlock Holmes** Adventure. (2009, 12) ★★★★★
 - 8.30 **Sherlock Holmes: A Game of Shadows** Adventure sequel. (2011, 12, 128min) ★★★★★
 - 10.40 **Kimi** (2022, 15) ★★★★★
 - 12.25 PM **2 Guns** Action thriller. (2013, 15, 104min) ★★★★★
 - 2.15 **Red Lights** (2012, 15) ★★★★★
 - 4.10 **The Little Things** Drama. (2021, 15, 128min) ★★★★★
 - 6.20 **No Man of God** Crime drama. (2021, 15, 100min) ★★★★★



10.00 **Single White Female**

8.05 **John Wick** Action thriller starring Keanu Reeves and Willem Dafoe. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. With Michael Nyqvist. (2014, 15, 101min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Single White Female** Thriller with Bridget Fonda and Jennifer Jason Leigh. (1992, 18, 107min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 PM to 2.30 AM (GMT) **Carlito's Way** Brian De Palma's crime thriller starring Al Pacino as an ex-jailbird who is pulled back into the violent drugs underworld by his sleazy lawyer. With Sean Penn. (1993, 18, 145min) ★★★★★

3.30 to 6.00 AM (BST) **The Hunt for Red October** Cold War suspense thriller starring Sean Connery and Alec Baldwin. (1990, PG, 135min) ★★★★★

GREAT! movies classic

- 319 424 52 303
- 6.00 AM **Mr Blandings Builds His Dream House** Classic comedy. (1948, b/w, U, 84min) ★★★★★
 - 7.50 **Much Too Shy** Farical comedy. (1942, b/w, U, 92min) ★★
 - 9.40 **Oliver!** Oscar-winning musical. (1968, U, 146min) ★★★★★
 - 12.30 PM **The Deadly Affair** Thriller. (1966, PG, 107min) ★★
 - 2.35 **Hud** Contemporary Western. (1963, b/w, 12, 112min) ★★★★★
 - 4.55 **Gambit** Suspense caper. (1966, U, 109min) ★★
 - 7.10 **Footsteps in the Fog** Period thriller starring Stewart Granger. (1955, PG, 90min) ★★
 - 9.00 **The Ladykillers** Classic comedy starring Alec Guinness and Peter Sellers. An elderly landlady is unaware that her lodgers are a gang of desperate criminals. (1955, U, 97min) ★★★★★
 - 10.50 **Diamond Hunters** Drama with Alyssa Milano and Sean Patrick Flanery. (2001, PG, 125min) ★★
 - 12.55 to 2.40 AM (GMT) **Angel Face** Thriller. (1952, b/w, PG) ★★
 - 3.40 (BST) **Hell Squad** War drama. (1958, b/w, PG, 64min) ★★
 - 4.45 to 6.00 AM **Operation Dames** War drama. (1959, b/w, PG) ★★

+1 hour 320 303 63 304

Sky Cinema Drama

- 310 310 854 410 510 524
- 6.00 AM **Lost Transmissions** Drama. (2020, 15, 105min) ★★★★★
 - 8.00 **Footloose** Dance drama. (1984, 12, 107min) ★★★★★
 - 10.00 **The Champion of Auschwitz**
 - 11.45 **Gridiron Gang** Sports drama. (2006, 12, 125min) ★★
 - 2.05 PM **Pig** (2021, 15) ★★★★★
 - 3.50 **Eternal Sunshine of the Spotless Mind** Comedy. (2004, 15, 108min) ★★★★★
 - 5.55 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★★



5.55 **Grease**

8.00 **Dream Horse** Comedy drama with Toni Collette. A small-town Welsh bartender convinces her neighbours to chip in their modest earnings to help the racehorse she is training. (2020, PG, 113min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Side Effects** Psychological thriller starring Jude Law, Rooney Mara and Catherine Zeta-Jones. (2013, 15, 106min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 PM to 1.40 AM (GMT) **Oslo** Fact-based drama with Ruth Wilson and Andrew Scott. (2021, 15, 118min) ★★★★★

2.40 AM (BST) **The Champion of Auschwitz** Polish drama with Piotr Glowacki. Subtitled. (2020, 15, 91min) ★★★★★

4.15 to 6.00 AM **My Girl** Bitter-sweet comedy drama starring Anna Chlumsky, Dan Aykroyd and Jamie Lee Curtis. (1991, PG, 105min) ★★

GREAT! movies

- 321 425 34 302
- 9.10 AM **A Dangerous Date** Thriller. (2018, 12, 102min) ★★
 - 11.05 **The Wedding Stalker** Thriller. (2017, PG, 89min) ★★
 - 1.05 PM **The Wrong Babysitter** Thriller. (2017, 12, 90min) ★★
 - 2.55 **Vice Versa** Comedy fantasy. (1988, PG, 94min) ★★
 - 4.50 **Wayne's World** Comedy with Mike Myers and Dana Carvey. (1992, PG, 95min) ★★★★★
 - 6.55 **Wayne's World 2** Comedy sequel starring Mike Myers and Dana Carvey as cable TV show hosts Wayne and Garth, here discovering their destiny is to stage a massive rock concert. (1993, PG, 95min) ★★
 - 9.00 **Z for Zachariah** Sci-fi drama starring Margot Robbie and Chiwetel Ejiofor. A woman who thinks she is the sole survivor of a nuclear apocalypse finds her life changed by two new arrivals. (2015, 12, 94min) ★★
 - 10.55 PM to 1.10 AM (GMT) **The Road** Drama. (2009, 15) ★★★★★
 - 2.10 AM (BST) **Garage Sale Mystery: The Wedding Dress** (2015) ★★
 - 4.00 to 6.00 AM **A Sister's Obsession** (2018, 12) ★★

+1 hour 322 61

Sky Cinema Sci-Fi/Horror

- 311 311 858 411 511 525
- 6.00 AM **The Fog** (1979, 15) ★★★★★
 - 7.35 **Gremlins** As 2.00am.
 - 9.25 **Gremlins 2: The New Batch** Comedy. (1990, 12) ★★★★★
 - 11.15 **Freaky** (2020, 15) ★★★★★
 - 1.00 PM **The Conjuring: The Devil Made Me Do It** (2021) ★★★★★
 - 3.00 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★
 - 5.00 **Transformers** Sci-fi adventure. (2007, 12, 143min) ★★★★★
 - 7.30 **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★★



7.30 **I Am Legend**

I Am Legend (film started at 7.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **The Forever Purge** Horror sequel starring Ana de la Reguera and Josh Lucas. Members of an underground movement decide to take over America through an unending campaign of mayhem and massacre. (2021, 15, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 PM to 1.00 AM (GMT) **Hostel** Horror starring Jay Hernandez and Derek Richardson. (2005, 18, 93min) ★★

2.00 AM (BST) **Gremlins** Comedy horror fantasy from director Joe Dante, starring Zach Galligan and Phoebe Cates. (1984, 12, 106min) ★★★★★

4.00 to 6.00 AM **Proximity** Sci-fi drama starring Ryan Masson and Highdee Kuan. (2020, PG, 119min) ★★

GREAT! movies action

- 323 426 42 305
- 6.00 AM **Deadly Voltage** Adventure. (2015, PG, 84min) ★★
 - 7.40 **Submarine Raider** Wartime drama. (1942, U, 64min) ★★
 - 9.05 **Atlantic Convoy** (1942, U) ★★
 - 10.35 **NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
 - 12.25 PM **A Call to Spy** War drama. (2019, 12, 123min) ★★★★★
 - 2.50 **Once Upon a Texas Train** Western. (1987, PG, 100min) ★★
 - 4.45 **Cockleshell Heroes** World War Two drama starring Jose Ferrer. (1955, U, 94min) ★★
 - 6.50 **The Man Who Never Was** World War Two spy thriller starring Clifton Webb. (1956, U, 103min) ★★★★★
 - 9.00 **The Operative** Thriller starring Diane Kruger. When a spy vanishes without a trace, her boss embarks on a panicked hunt to find her before she becomes a threat to their mission. (2019, 15, 116min) ★★★★★
 - 11.20 PM to 1.05 AM (GMT) **The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
 - 2.05 AM (BST) **The Panzer**
 - 3.00 to 4.00 AM **The War in the Jungle**

+1 hour 324

Sky Cinema Oscars

- 302 302 856 402 502 516
- 6.10 AM **The Muppets Take Manhattan** (1984, U) ★★★★★
 - 7.55 **Titanic** Epic. (1997, 12) ★★★★★
 - 11.10 **Whiplash** Music drama. (2014, 15, 104min) ★★★★★
 - 1.00 PM **Promising Young Woman** Crime thriller. (2020, 15, 113min) ★★★★★
 - 2.55 **Jurassic Park** Monster thriller. (1993, PG, 127min) ★★★★★
 - 5.05 **The Godfather** Francis Ford Coppola's gangster drama. (1971, 15, 167min) ★★★★★



5.05 **The Godfather**

8.00 **The Godfather Part II** Francis Ford Coppola's epic gangster drama sequel starring Al Pacino and Robert De Niro. Sicilian Vito Corleone rises to prominence as a feared gangster. Fifty years later, his son Michael consolidates his position as the head of his late father's empire. With Robert Duvall and Diane Keaton. (1974, 18, 200min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 PM to 2.20 AM (GMT) **The Godfather Part III** Concluding chapter of Francis Ford Coppola's grand gangster epic starring Al Pacino, Diane Keaton, Talia Shire, Andy Garcia and Bridget Fonda. (1990, 15, 162min) ★★★★★

3.20 to 6.00 (BST) AM **The Guns of Navarone** World War Two adventure starring Gregory Peck and David Niven. (1961, PG, 150min) ★★★★★

Movies 24

- 325 419
- 7.00 AM **Love By Accident** As 7pm.
 - 9.00 **Christmas Hotel** As 9.00pm.
 - 11.00 **Redemption in Cherry Springs**
 - 1.00 PM **Rise and Shine, Benedict Stone** As shown at 12.00m't.
 - 3.00 **PREMIERE Love Map** Romantic comedy with Ashley Bratcher. (2022, PG, 90min) ★★
 - 5.00 **Sincerely, Yours, Truly** Romantic drama starring Natalie Hall. (2020, PG, 90min) ★★
 - 7.00 **Love By Accident** Romantic drama starring Henderson Wade, Getenesh Berhe and Conrad Coates. A woman on a road trip enlists a mechanic to be her fake boyfriend. (2020, PG, 84min) ★★
 - 9.00 **Christmas Hotel** Romantic drama starring Tatyana Ali. A hotelier must return to her hometown and restructure the Mt Holly Inn, which the local people are less than thrilled about. (2019, PG, 90min) ★★
 - 11.00 PM to 1.00 AM (GMT) **Redemption in Cherry Springs** Mystery. (2021, PG, 84min) ★★
 - 2.00 AM (BST) **Rise and Shine, Benedict Stone** (2021, PG) ★★
 - 4.00 to 6.00 AM **Love Map** As 3pm.

+1 hour 326 420

Film4

- 313 313 855 428 429 14 300
- **Films start at 11.00am**
 - 11.00 AM **Home Alone 2: Lost in New York** Comedy sequel. (1992, PG, 120min) ★★
 - 1.20 PM **Home Alone 3** Comedy sequel. (1997, PG, 102min) ★
 - 3.20 **Transformers: Dark of the Moon** Sci-fi action sequel. (2011, 12, 154min) ★★★★★
 - 6.20 **X-Men: Apocalypse** Superhero adventure sequel, starring James McAvoy. (2016, 12, 144min) ★★★★★



11.20 **The Furies**

X-Men: Apocalypse (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **War of the Worlds** Sci-fi adventure thriller starring Tom Cruise. When an extraterrestrial army launches an attack on Earth, a dockworker strives to protect his teenage son and 10-year-old daughter. (2005, 12, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 PM to 1.00 AM (GMT) **PREMIERE The Furies** Thriller with Airlie Dodds. A kidnapped woman finds herself a participant in a lethal game where women are hunted by masked men. (2019, 18, 82min) ★★★★★ See review, page 24.

2.00 to 3.55 AM (BST) **Insidious: Chapter 3** Horror. (2015, 15, 97min) ★★★★★

+1 hour 314 430 47 301

FILMS ON OTHER CHANNELS

- 6pm TILL LATE
- The Eyes of Tammy Faye** Disney+ Drama. ★★★★★
 - 6.30 PM **Nevada Smith** ITV4 ★★★★★
 - 6.45 **Any Which Way You Can** 5Action Comedy sequel. ★★★★★
 - 6.55 **The Day the Earth Stood Still** E4 Sci-fi action thriller. ★★
 - 7.00 **Superman Returns** ITV2 ★★★★★
 - 7.00 **Apocalypse of Ice** Syfy ★★
 - 7.10 **50 First Dates** 5STAR ★★★★★
 - 7.15 **My Super Ex-Girlfriend** Comedy Central Comedy. ★★★★★
 - 8.00 **The Fog of War** Sky Documentaries ★★★★★
 - 9.00 **The Dark Knight Rises** Sky Showcase ★★★★★
 - 9.00 **The Meg** 5STAR ★★★★★
 - 9.00 **American Reunion** Comedy Central Comedy sequel. ★★
 - 9.00 **The Good, the Bad and the Ugly** 5Action ★★★★★
 - 9.05 **Jaws** ITV4 Thriller. ★★★★★
 - 10.00 **Alien: Covenant** Channel 4 Sci-fi thriller. ★★★★★
 - 10.00 **Photograph** BBC4 Romantic drama. Partly subtitled. ★★★★★
 - 10.20 **Avengers: Age of Ultron** BBC1 Superhero sequel. ★★★★★
 - 11.10 **White Chicks** 5STAR ★
 - 11.15 **A Star Is Born** BBC3 ★★★★★

Sky Sports Main Event

401 401 859 511 501 420 440

- 6.00 AM Sky Sports News Round-up of the sports news.
- 7.00 Good Morning Sports Fans News and views on today's early stories, a look at the back pages and a tip on today's racing.
- 9.00 **LIVE DP World Tour Golf** The third day's play in the Qatar Masters staged at the Doha Golf Club in Doha, Qatar.
- 1.30 PM **LIVE World Golf Championships** Coverage of the fourth day's matches in the WGC Match Play at Austin Country Club in Texas.
- 4.30 **LIVE International Football England v Switzerland.** Coverage of the friendly match at Wembley Stadium. Kick-off 5.30pm. See feature, page 28.
- 8.30 **LIVE Fight Night Richard Riakporhe v Deion Jumah.** Coverage of the Cruiserweight bout at OVO Arena Wembley.
- 11.00 PM (GMT) to 6.00 AM (BST) **LIVE ICC Women's World Cup England v Bangladesh.** Coverage of the group stage match at Basin Reserve in Wellington, New Zealand.

Sky Sports Premier League

402 402 860 512 502 421 441

- 6.00 AM PL Greatest Games
- 7.00 Premier League Years
- 9.00 Premier League World
- 9.30 Saturday Social
- 10.30 Soccer AM Presented by John Fendley and Jimmy Bullard.
- 12.00 NOON **LIVE ePremier League Finals** Coverage of the grand finals of the ePremier League.
- 4.30 PM **LIVE International Football Republic of Ireland v Belgium.** The friendly match at Aviva Stadium. Kick-off 5.00pm.
- 7.40 **LIVE International Football Netherlands v Denmark.** The friendly match from Johan Cruyff Arena. Kick-off 7.45pm.
- 9.45 Matchday Plus
- 10.00 Premier League World Latest news from the Premier League.
- 10.30 Premier League Icons A profile of Gareth Bale.
- 11.00 PM to 1.00 AM (GMT) **PL Retro** Manchester City v Queens Park Rangers from 2012.
- 2.00 AM (BST) Premier League Years The 2016/17 season.
- 4.00 PL Greatest Games
- 5.00 to 6.00 AM Best PL Goals 13/14

Sky Sports Football

403 403 861 513 503 422 442

- 6.00 AM Highlights
- 7.30 International U21 Football
- 8.00 World Cup Qualifiers Review
- 9.00 World Cup Qualifier Highlights
- 9.30 Saturday Social
- 10.30 Soccer AM Football magazine.
- 12.00 NOON EFL Greatest Games
- 12.15 PM MLS
- 12.20 MLS Greatest Games
- 12.25 **LIVE Irish Football** Warrenpoint Town v Linfield. From Milltown. Kick-off 12.30pm.
- 2.30 World Cup Qualifier Highlights
- 3.00 **LIVE Gillette Labs Soccer** Saturday Football action.
- 4.30 **LIVE International Football England v Switzerland.** See feature, page 28. Kick-off 5.30pm.
- 8.30 World Cup Qualifiers Review
- 9.30 International Football
- 10.00 World Cup Qualifier Highlights
- 10.30 Primera Division
- 12.30 to 1.00 AM (GMT) International U21 Football
- 2.00 AM (BST) World Cup Qualifiers
- 3.00 World Cup Qualifier Highlights
- 3.30 International U21 Football
- 4.00 EFL Greatest Games
- 4.30 EFL Playoff Final C'Ship
- 5.30 to 6.00 AM Carabao Cup

Sky Sports World Cup

404 404 862 514 504 423 443

- 6.00 AM ICC Women's World Cup 2017 England v India in the final.
- 6.30 Women's World T20 Classics
- 7.00 Winning Over The World
- 8.00 Great Women: Stars of ODI Cricket
- 9.00 Test Cricket Pakistan v Australia.
- 10.00 ICC Women's World Cup
- 11.00 Test Cricket Pakistan v Australia.
- 11.55 ICC Women's World Cup
- 12.55 PM IPL
- 1.50 **LIVE Indian Premier League Chennai Super Kings v Kolkata Knight Riders.** The T20 match at Wankhede Stadium, Mumbai.
- 6.00 Best of the Women's World T20 Action from England v New Zealand in the 2009 final.
- 6.15 Best of the ICC Women's World Cup From 2013.
- 7.00 ICC Women's World Cup New Zealand v Pakistan.
- 8.00 IPL Highlights of Chennai Super Kings v Kolkata Knight Riders.
- 9.00 Women's World T20 Classics
- 9.30 PM (GMT) to 6.00 AM (BST) **LIVE ICC Women's World Cup England v Bangladesh.** Coverage of the group stage match at Basin Reserve in Wellington, New Zealand.

Sky Sports Golf

405 405 863 515 505 424 444

- 6.00 AM PGA Tour Classic A look back at the 2008 WGC-Accenture Matchplay Championship at the Gallery Golf Club Marana in Arizona.
- 7.00 World Golf Championships The third day's play in the WGC-Dell Technologies Match Play at Austin Country Club in Texas.
- 9.00 **LIVE DP World Tour Golf** Coverage of the third day's play in the Qatar Masters from Doha Golf Club in Doha, Qatar.
- 1.30 PM **LIVE World Golf Championships** Coverage of the fourth day's matches in the WGC Match Play at Austin Country Club in Texas.
- 10.00 **LIVE LPGA Tour Golf** Day three of the JTBC Classic at the Aviara Golf Club in California.
- 12.00 M'T to 1.00 AM (GMT) World Golf Championships
- 2.00 AM (BST) Chronicles of a Champion Golfer
- 3.00 PGA Tour Classic
- 3.30 Chronicles of a Champion Golfer A profile of Paul Lawrie.
- 4.00 to 6.00 AM World Golf Championships

BT Sport 1

413 413 870 527 408 430

- 6.00 AM **LIVE Isuzu UTE A-League Wellington Phoenix v Perth Glory.** Coverage of the Australian top-flight clash from Leichhardt Oval. Kick-off 6.05am.
- 8.00 WWE NXT UK
- 9.00 WWE Friday Night SmackDown
- 10.30 ESPN FC
- 11.00 Premier League World
- 11.30 T20 Cricket Highlights New Zealand v Netherlands.
- 12.30 PM Test Cricket Highlights Day two of the first Test between New Zealand and South Africa.
- 1.30 **LIVE Test Cricket West Indies v England.** Coverage of the third day of the third and Final Test in the series, taking place at National Cricket Stadium in St. George's.
- 10.00 WWE Friday Night SmackDown Wrestling action.
- 11.30 MotoGP Highlights Action from the Grand Prix of Indonesia.
- 12.30 to 3.00 AM (GMT) **LIVE National Lacrosse League Panther City Lacrosse Club v Colorado Mammoth.** Coverage of the match at Dickies Arena in Fort Worth, Texas.
- 4.00 (BST) Hockey
- 5.00 to 6.00 AM This is BT Sport

BT Sport 2

414 414 871 528 409 431

- 6.00 AM **LIVE Isuzu UTE A-League Brisbane Roar v Western United.** Kick-off 6.05am.
- 8.00 Test Cricket Highlights
- 9.00 **LIVE AFL Gold Coast Suns v Melbourne Demons.** At Metricon Stadium. Bounce-up 9.00am.
- 12.00 NOON Is Esports Overtaking? Life in the Slipstream
- 12.45 PM Sport in Focus
- 1.00 **LIVE Badminton** The YONEX Swiss Open semi finals.
- 2.30 **LIVE Gallagher Premiership Rugby Union Saracens v Bristol Bears.** Kick-off 3.00pm.
- 5.15 **LIVE Badminton** The YONEX Swiss Open semi finals.
- 7.30 Hockey
- 8.30 DIY Pundit
- 9.00 **LIVE UFC** The preliminary bouts for UFC Fight Night.
- 11.00 PM to 2.00 AM (GMT) **LIVE UFC Curtis Blaydes v Chris Daukaus.** Coverage of the heavyweight bout.
- 3.30 AM (BST) Ariel Helwani Meets
- 4.00 to 8.00 AM **LIVE AFL Richmond Tigers v GWS Giants.** From Melbourne Cricket Ground. Bounce-up 5.20am.

BT Sport 3

417 417 874 529 410 432

- 6.45 AM Gallagher Premiership Rugby Union
- 8.15 Is Esports Overtaking? Life in the Slipstream
- 9.00 **LIVE National Futsal Series** The FA National Futsal Series.
- 2.30 PM **LIVE Vanarama National League Notts County v Chesterfield.** Coverage from Meadow Lane. Kick-off 3.00pm.
- 5.15 AFL Gold Coast Suns v Melbourne Demons.
- 7.15 **Isuzu UTE A-League Macarthur FC v Melbourne City.**
- 8.15 Sport in Focus
- 8.30 Ariel Helwani Meets An interview with AJ Styles.
- 9.00 BT Sport Films
- 10.00 **LIVE NCAA Basketball Tournament** College basketball action from the Elite Eight round of March Madness.
- 12.30 to 2.00 AM (GMT) **LIVE NCAA Basketball Tournament** Action from the Elite Eight round of March Madness.
- 3.00 (BST) DIY Pundit
- 3.30 Gallagher Premiership Rugby Union Saracens v Bristol Bears.
- 5.00 to 6.00 AM This is BT Sport

Sky Sports Action

407 407 865 517 507 426 446

- 6.00 AM **LIVE Super Rugby Chiefs v Crusaders.** The rugby union match at FMG Stadium Waikato in Hamilton. Kick-off 6.05am.
- 8.05 My Icon
- 8.40 **LIVE Super Rugby Reds v Waratahs.** Coverage of the rugby union match at Suncorp Stadium, Brisbane. Kick-off 8.45am.
- 10.45 My Icon: Maggie Alphonsi
- 11.00 NFL: America's Game
- 1.00 PM Super Bowl LVI Highlights
- 3.00 British Basketball
- 5.30 Top Rank Boxing Archive
- 6.30 Fight Night Action from Amir Khan v Kell Brook.
- 7.30 **LIVE Fight Night Richard Riakporhe v Deion Jumah.** Coverage of the cruiserweight bout at OVO Arena Wembley.
- 11.00 Fight Night
- 12.00 M'T to 1.00 AM (GMT) Top Rank Boxing Archive
- 2.00 AM (BST) **LIVE Fight Night International Miguel Berchelt v Jeremiah Nakathila.** Coverage of the lightweight bout at Resorts World Las Vegas.
- 5.00 to 6.00 AM Top Rank Boxing Archive

Sky Sports Mix

416 416 873 520 510 429 449

- 6.00 AM Drone Racing League
- 8.00 Netball Superleague
- 10.00 Betfred Super League Highlights Recent action.
- 12.00 NOON Show Jumping
- 1.00 PM Top Rank Boxing Archive
- 2.30 Sail GP: Racing On The Edge
- 3.00 Top Rank Boxing Archive
- 3.30 British Basketball
- 6.00 Show Jumping
- 7.00 NBA Basketball A replay of New Orleans Pelicans v Chicago Bulls.
- 9.00 **LIVE Sail GP** Coverage of day one in San Francisco.
- 10.30 Show Jumping A replay of the Dutch Masters.
- 11.30 NBA Heatcheck
- 12.00 M'T to 1.00 AM (GMT) NBA Classic Games: Lakers @ Knicks 2012 A match between Los Angeles Lakers and New York Knicks from 2012.
- 2.00 AM (BST) **LIVE NBA Basketball Miami Heat v Brooklyn Nets.** Coverage of the Eastern Conference match at FTX Arena. Tip-off 2.00am.
- 4.30 Betfred Super League Highlights Recent action.
- 5.00 to 6.00 AM Super League's Supermen

BT Sport/ESPN

423 423 876 530 411 434

- 6.00 AM Highlights
- 8.45 **LIVE Isuzu UTE A-League Central Coast Mariners v Adelaide United.** From Central Coast Stadium. Kick-off 8.45am.
- 10.45 BT Sport Reload
- 11.00 ESPN FC
- 11.30 Around the Horn
- 12.00 NOON Pardon the Interruption
- 12.30 PM NCAA Championship
- 2.30 **LIVE National Futsal Series** The FA National Futsal Series.
- 5.00 **LIVE NCAA Basketball Tournament** The Women's Sweet 16 Round of the Tournament.
- 10.00 **LIVE NCAA Basketball Tournament** The Elite Eight round of March Madness.
- 12.30 to 3.00 AM (GMT) **LIVE NCAA Basketball Tournament** The Elite Eight round of March Madness.
- 4.00 to 6.00 AM (BST) NCAA Championship

Eurosport 1

410 410 868 521 412 435

- 6.00 AM Highlights
- 7.55 Ski Jumping
- 8.50 **LIVE Ski Jumping World Cup** coverage from Planica, Slovenia.
- 10.45 **LIVE Figure Skating World Championships** Coverage from Montpellier, France.
- 2.00 PM Cycling: Tour of Catalunya
- 2.15 **LIVE Cycling: Tour of Catalunya** Coverage of stage six.
- 4.00 **LIVE Figure Skating World Championships** Further coverage from Montpellier.
- 7.25 Figure Skating World Championships
- 9.00 Cycling: Gent-Wevelgem
- 10.00 Cycling: Tour of Catalunya
- 11.00 Figure Skating World Championships
- 12.00 M'T to 1.00 AM (GMT) Ski Jumping From Slovenia.
- 2.00 AM (BST) Figure Skating World Championships
- 3.00 to 6.00 AM Highlights

Eurosport 2

411 411 869 522 413 436

- 6.00 AM Highlights
- 7.00 Curling World Championships
- 9.00 **LIVE Snooker: Gibraltar Open** Day three of the event from Europa Sports Complex.
- 11.00 **LIVE Freestyle Skiing** From Silvaplana in Switzerland.
- 1.00 PM **LIVE Snooker: Gibraltar Open** Further day three coverage.
- 2.00 Ski Jumping
- 3.00 **LIVE Snooker: Gibraltar Open** Further day three coverage.
- 5.00 Ski Jumping
- 6.00 Cycling: Tour of Catalunya
- 7.00 **LIVE Snooker: Gibraltar Open** Further day three coverage.
- 9.00 Snooker: World Championship Final 2021 From Sheffield.
- 11.00 Australian Superbikes
- 12.00 M'T to 1.00 AM (GMT) Cycling: Tour of Catalunya
- 2.00 AM (BST) Cycling: Tour of Catalunya Stage six.
- 3.00 to 6.00 AM Highlights

Sky Sports Arena

408 408 866 518 508 427 447

- 6.00 AM Highlights
- 8.30 **LIVE NRL Canberra Raiders v Gold Coast Titans.** From GIO Stadium. Kick-off 8.35am.
- 10.30 Betfred Super League Highlights Recent action.
- 11.00 NBA Classic Games
- 12.00 NOON NBA Basketball
- 2.00 PM Great Britain's First Black Captain The story of Clive Sullivan.
- 2.15 Betfred Super League Highlights Recent action.
- 6.00 Super League's Supermen
- 7.00 NBA Basketball
- 9.00 **LIVE NBA New Orleans Pelicans v San Antonio Spurs.** Tip-off 9.00pm.
- 11.30 NBA Heatcheck
- 12.00 M'T to 1.00 AM (GMT) NBA Classic Games
- 2.00 AM (BST) **LIVE NBA Basketball Miami Heat v Brooklyn Nets.** Tip-off 2.00am.
- 4.30 to 6.00 AM Highlights

Sky Sports F1

406 406 864 516 506 425 445

- 6.00 AM Highlights
- 12.25 PM **LIVE Formula 2 Championship** The Saudi Arabian Grand Prix sprint race.
- 1.25 2021 A-Z of F1
- 1.45 **LIVE Formula 1** Saudi Arabian Grand Prix third practice session.
- 3.10 Red Bull's First Win
- 3.40 The History of Aston Martin
- 3.50 Brazil 2008 Revisited
- 4.00 **LIVE Formula 1** The Saudi Arabian Grand Prix qualifying session. Start-time 5.00pm.
- 6.30 Formula 2 Championship
- 7.35 Goodbye Kimi
- 7.45 F1: The Championship Begins
- 8.15 Mick Schumacher Drives The Jordan
- 8.30 Formula 1
- 10.15 Mick Schumacher Drives The Jordan
- 10.30 PM to 1.30 AM (GMT) Formula 1
- 2.30 AM (BST) Goodbye Kimi
- 2.40 to 6.00 AM Highlights

Sunday

CHANGE YOUR CLOCKS...
Don't forget that the clocks went forward one hour at 1am last night



27 March

Evening Planner

Sunday

Motorsport



LIVE!

The Saudi Arabian Grand Prix

Sky Sports Main Event/F1, from 4.30pm
Second round of the season at Jeddah Corniche Circuit (start-time 6pm)

Drama



Peaky Blinders

BBC1, 9pm
Tommy (Cillian Murphy) has leverage over Gina after learning of her affair with fascist politician Oswald Mosley

Documentary



NEW

Falklands War: The Untold Story

C4, 9pm
A revealing examination of the conflict between Argentina and the UK in 1982

Awards



LIVE!

Academy Awards

Sky Oscars, 2am
The famous golden statues will be being given out at the 94th Academy Awards held at the Dolby Theatre in Los Angeles

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

ENTERTAINMENT

DOCUMENTARY

FILMS - Sky Cinema

SPORT

101 BBC1	7.00 Antiques Roadshow	8.00 Dynasties II	9.00 Peaky Blinders	10.00 News	10.30 The Women's...
102 BBC2	7.15 Stanley Tucci: Searching for...	8.00 The Speedshop	9.00 The Misinvestigations of Romesh...	10.00 Film: Molly's Game	
103 ITV	7.00 Dancing on Ice		9.00 The Ipress File	10.00 News	10.20 British Grandma on...
104 CHANNEL 4	7.00 Britain's Most Expensive Houses	8.00 Edward VIII: Britain's Traitor King	9.00 Falklands War: The Untold Story		10.30 Formula 1...
105 CHANNEL 5	6.30 When All Inclusive Holidays Go...	8.00 Happy Campers: The Caravan Park	9.00 Holidaying with Jane McDonald...	10.00 Dubai: Lives of the Super Rich	
106 SKY SHOWCASE	7.00 The Simpsons	8.00 The Equalizer	9.00 Magnum PI.	10.00 NCIS: New Orleans	
117 BBC3	7.00 EastEnders	8.00 The Drop	9.00 Love in the Flesh	10.00 Film: American Rapstar	
116 BBC4	7.00 Virtuoso Violinists at the BBC	7.55 Secret...	8.25 Film: Max Richter's Sleep	10.00 Skint	
118 ITV2	6.15 Film: Man of Steel		9.00 Family Guy		
136 MORE4	6.55 Come Dine with Me	8.00 Devon and Cornwall: Traditional Lives	9.00 The Great Big Tiny Design Challenge...	10.15 24 Hours in A&E	
135 E4	7.00 Lego Masters USA	8.00 Film: The Greatest Showman		10.00 Film: Bad Neighbours 2	
107 SKY WITNESS	7.00 Blue Bloods	8.00 The Equalizer	9.00 The Rookie	10.00 9-1-1	
108 SKY ATLANTIC	7.00 Funeral for a Dog		9.00 The Gilded Age	10.05 Billions	
110 GOLD	7.00 Only Fools and Horses	8.05 Dad's Army	8.40 Only Fools and Horses	10.00 Billy Connolly Does...	
111 DAVE	7.00 Border Force: America's Gatekeepers	8.00 QI XL	9.00 Have I Got a Bit More Old News for You	10.00 The Island	
119 ITV3	7.00 Midsomer Murders		9.00 Inside the Ritz Hotel	10.00 Film: The Booze Cruise	
120 ITV4	6.30 Film: Moonraker	8.00 Gallagher Premiership Rugby Union...	9.00 Film: Cliffhanger		
112 COMEDY CENTRAL	7.00 Friends		9.00 Film: Meet the Fockers		
152 SYFY	7.00 Film: Megalodon Rising		9.00 Grimm		
113 SKY MAX	7.00 A League of Their Own	8.00 Resident Alien	9.00 Magnum PI.	10.00 NCIS: New Orleans	
132 ALIBI	7.00 Hudson & Rex		9.00 Death in Paradise	10.00 Clarice	
130 SKY ARTS	6.45 Tony Bennett & Lady Gaga...	8.00 Soul II Soul - Club Classics Vol 1	9.00 James Brown: Live at Montreux	10.20 Mr Dynamite...	
125 DISCOVERY	7.00 Alaska: Homestead Rescue		9.00 Blowing Up History	10.00 Wheeler Dealers: Dream Car	
162 ANIMAL PLANET	7.00 Alaska: Homestead Rescue	8.00 Crikey! It's the Irwins	9.00 Crocodile Hunter	10.00 Finding Bigfoot	
129 NAT GEO	7.00 Car S.O.S.	8.00 Dutch Caribbean Coastguards	9.00 To Catch a Smuggler	10.00 Trafficked with Mariana Van Zeller	
123 SKY HISTORY	7.00 The Strongest Man in History		9.00 Forged in Fire: Knife or Death		
155 YESTERDAY	7.00 Bangers and Cash	8.00 Open All Hours		10.00 Bangers and Cash	
121 SKY DOCS	7.00 Super Greed: The Fight for Football		9.00 I Am Heath Ledger		
301 PREMIERE	6.15 Blacklight	8.00 People Just Do Nothing: Big in Japan	9.45 Fast & Furious 9		
303 HITS	5.00 The Lord of the Rings: The Two Towers	8.00 The Lord of the Rings: The Return of the King			
304 GREATS	6.25 The Amazing Mr Blunden	8.05 Indiana Jones and the Last Crusade		10.15 Rise of the Planet of the...	
305 ANIMATION	6.35 The Road to El Dorado	8.10 Curious George		9.55 Curious George 2: Follow That Monkey!	
306 FAMILY	6.35 Space Jam: A New Legacy	8.35 Annie			
307 ACTION	6.15 Jumanji	8.00 Saving Private Ryan			
308 COMEDY	5.20 Bridesmaids	7.30 Liar Liar	9.00 Meet the Fockers		
309 THRILLER	6.55 Vantage Point	8.30 Transporter 2		10.00 Legend	
310 DRAMA	6.10 Six Minutes to Midnight	8.00 Save the Cinema		10.00 Enemy at the Gates	
311 SCI-FI	6.30 Minority Report		9.00 Total Recall		
302 OSCARS	6.40 Hell or High Water	8.30 A.I. Artificial Intelligence			
313 FILM4	6.50 Central Intelligence		9.00 Kingsman: The Secret Service		
315 TCM MOVIES	6.50 The Mississippi Gambler		9.00 Fire Down Below		
401 MAIN EVENT	5.55 Formula 1 - Live: The Saudi Arabian Grand Prix (Start-time 6.00)		9.00 World Golf Championships - Live: The WGC-Dell Technologies Match Play		
402 PREMIER LEAGUE	6.00 ePremier League Finals		9.00 WSL	10.00 PL Best Goals 14/15	
403 FOOTBALL	7.00 World Cup...	7.30 U21 Football	8.00 International...	8.30 World Cup Qualifiers Review Show	9.30 World Cup...
404 WORLD CUP	7.00 ICC Women's World Cup				10.00 IPL
413 BT SPORT 1	2.30 Test Cricket - Live: West Indies v England				
414 BT SPORT 2	6.00 AFL				10.00 UFC

† Denotes programmes starting before 7.00pm † Regions vary



BBC1

101 101/115 801 101 101 101 101/106

- 6.00 AM (BST) **Breakfast** (S)
- 9.00 **Sunday Morning** (S)
- 10.00 **Politics England** (S)
- 10.30 **Wanted Down Under Revisited** (R)
- 11.15 **Homes Under the Hammer** (S)(R)
- 12.15 PM **Bargain Hunt** (S)(R)(AD)
- 1.00 **BBC News** (S)
- 1.15 **Songs of Praise** **New edition** (S)
- 1.50 **Lifeline** **New edition** (S)
- 2.00 **FILM Monsters vs Aliens**
Animated sci-fi comedy featuring the voice of Reese Witherspoon. (S)(AD) (2009, PG, 85min) ★★★
- 3.25 **Dodger** 3/10. (S1) (S)(R)(AD)
- 4.05 **Dynasties II** 1/4. A mother puma battles to raise her cubs. (S)(R)(AD)
- 5.05 **BBC News** (S)
- 5.20 **Local News** (S)
- 5.30 **Countryfile** **New edition**
Changing farming habits in the face of pressures to go green. (S)



6.30 **Extraordinary Portraits**

6.30 **Extraordinary Portraits** **New edition** 5/6. Artist Thomas Croft meets a former Royal Marine who survived an explosion. (S)(AD)

7.00 **Antiques Roadshow** **New edition** From the Bishop's Palace in Somerset. Treasures include a plaque from a Bristol pub, movie memorabilia and portrait of an unknown World War One army officer. (S)

8.00 **Dynasties II** **New edition** 2/4. In Amboseli, Kenya, a rare event pushes an elephant family to its limits. To save their dynasty, they must work together and overcome the challenge of a lifetime. (S)(AD)

9.00 **Peaky Blinders** **New episode** *The Road to Hell*: 5/6. Tommy makes an introduction that promises to change his family forever. See feature, page 7. (S6) (S)(AD)

10.00 **BBC News** (S)
10.20 **Local News** (S)
10.30 **The Women's Football Show**
A look back at highlights of the weekend's games in the Women's Super League. (S)

11.05 **FILM La La Land** Bafta-winning musical starring Emma Stone and Ryan Gosling. An actress and a struggling jazz musician fall in love and attempt to realise their respective dreams in Los Angeles. With John Legend, Rosemarie DeWitt and JK Simmons. (S)(AD) (2016, 12, 120min) ★★★★★

1.05 **AM Weather for the Week Ahead** Seven-day forecast. (S)
1.10 to 6.00 AM **BBC News** (S)

BBC2

102 102/115 802 102 102 2 102 102 102/106

- 7.00 AM (BST) **Christine's Garden** (S)(R)
- 7.30 **Sunday Morning Stories** (S)(R)
- 8.00 **Gardeners' World** (S)(R)
- 9.05 **Countryfile** (S)(R)
- 10.00 **Saturday Kitchen Best Bites** **New edition** Series highlights. (S)
- 11.30 **Marcus Wareing's Tales from a Kitchen Garden** Dukes arrive at the chef's smallholding. (S)(R)(AD)
- 12.00 NOON **Great British Menu** (S)(R)
- 1.00 PM **Earth's Great Rivers II**
The story of the Danube. (S)(R)
- 2.00 **Figure Skating World Championships** Katherine Downes presents action from the Sud de France Arena in Montpellier. (S)
- 4.00 **LIVE Rugby League: Challenge Cup** Barrow Raiders v Huddersfield Giants: Coverage of the sixth-round match at Craven Park. Kick-off is at 4.30. (S)



9.00 **The Misinvestigations of...**

6.45 **Saving Lives at Sea**
The volunteers race to rescue a teenager who is being swept out to sea. (S)(R)(AD)

7.15 **Stanley Tucci: Searching for Italy** **New edition** 4/6. In Milan, the actor goes for aperitivo with a social media star. (S)(AD)

8.00 **The Speedshop** **New edition** 2/6. Titch Cormack tackles an 1,100km Moroccan desert expedition with a veteran's charity, using buggies and bikes, and also restores a piece of nautical history. (S)(AD)

9.00 **NEW SERIES The Misinvestigations of Romesh Ranganathan** 1/3. The comedian examines high-profile deaths, beginning with rock star Jimi Hendrix. See feature, page 20. (S)(AD)

10.00 **FILM Molly's Game**
Fact-based drama about Molly Bloom, a skier who ran the world's most exclusive high-stakes poker game and became an FBI target. Stars Jessica Chastain, Idris Elba, Kevin Costner and Michael Cera. (S)(AD) (2017, 15, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.10 AM **Sign Zone: Question Time**
Topical debate. (S)(R)
1.10 **Sign Zone: Holby City** Jac has a couple of requests before she goes under the knife. (S)(R)(AD)
1.50 **Sign Zone: Then Barbara Met Alan** Drama starring Ruth Madeley and Arthur Hughes. (S)(R)(AD)
3.00 to 6.30 AM **Previews** (S)

ITV

103 103/176 803 103 103/113 3 103 103 111

- 6.00 AM (BST) **CITV**
- 9.25 **ITV News** (S)
- 9.30 **International Football Highlights**
Action from the friendly match between England and Switzerland at Wembley Stadium. (S)(R)
- 11.00 **Love Your Weekend with Alan Titchmarsh** **New edition** With Ruth Gemmell and Alison Steadman. (S)
- 1.00 PM **Love Your Garden** (S)(R)(AD)
- 2.00 **ITV News** (S)
- 2.05 **The Pet Show** With singer and actor Mica Paris. (S)(R)(AD)
- 3.05 **The Masked Singer US**
Crocodile, Baby Alien, Seahorse, Whatchamacallit, Serpent and Gremlin perform. (S)(R)
- 4.00 **FILM Mamma Mia!** Musical starring Meryl Streep, Pierce Brosnan and Colin Firth. (S)(AD) (2008, PG, 120min) ★★★★★



7.00 **Dancing on Ice**

6.00 **Tipping Point: Best Ever Finals**
Compilation of the show's most dramatic endgames. (S)(R)

6.30 **ITV News** (S)
6.45 **Local News** (S)

7.00 **Dancing on Ice** **Series finale** 10/10. Phillip Schofield and Holly Willoughby co-host the Grand Final of the skating challenge, with the last three celebrities and their professional partners performing spectacular routines, including the iconic *Bolero*. There's also a return to the ice for all of this year's stars and a performance from judges Jayne Torvill and Christopher Dean. (S)

9.00 **The Ipcress File** **New episode** 4/6. Suspecting an American hand in the abduction of Dawson, Dalby challenges General Cathcart by sending Harry and Jean to the Pacific atoll. (S1) (S)(AD)

10.00 **ITV News** (S)
10.20 **British Grandma on Death Row with Susanna Reid**
The presenter travels to Texas to meet Linda Carty, the only British woman on death row in the Western world. (S)(R)(AD)

11.15 **Gallagher Premiership Rugby Union Highlights** Action from the latest round of fixtures, including Bath v Sale Sharks. (S)
12.10 AM **Shop: Ideal World**
3.00 **Don't Rock the Boat** The celebrities attempt to row up the coast of Wales. (S)(SL)(R)(AD)
3.50 **Unwind with ITV**
5.05 to 6.00 AM **Tipping Point**
Arcade-themed quiz. (S)(SL)(R)

+1 hour 203 114 35 112

CHANNEL 4

104/108 104/138 104 104/141 4 104 104

- 6.00 AM (BST) **Mike & Molly** (S)(R)
- 7.10 **The King of Queens** (S)(R)(AD)
- 8.00 **The Simpsons** (S)(R)(AD)
- 9.30 **Sunday Brunch** **New edition**
A special 10th birthday edition, with guests Tom Allen, Morgana Robinson and Jason Byrne. Plus, music from Jax Jones. (S)
- 12.30 PM **The Simpsons** (S)(R)(AD)
- 1.30 **FILM A Knight's Tale** Medieval romantic action comedy starring Heath Ledger and Paul Bettany. (S)(AD) (2001, PG, 160min) ★★★
- 4.10 **The Great Celebrity Bake Off for Stand Up to Cancer** 1/5. Matt Lucas and Noel Fielding return with the charity version of the baking show, welcoming Emma Willis, Clara Amfo, Alex Horne and Blake Harrison to the tent. (S)(R)(AD)
- 5.30 **News** (S)



8.00 **Edward VIII: Britain's Traitor...**

6.00 **One and Six Zeros** **New edition** 3/6. Comedian Dara O Briain hosts the quiz show, with a team of three friends from Manchester just seven questions away from winning £1,000,000. (S)

7.00 **Britain's Most Expensive Houses** 2/4. Lee attempts to sell the £17.5million Huxley House on Billionaire's Row, and fashionista Karl Chu asks Polina to find him a bachelor pad. (S)(R)(AD)

8.00 **NEW Edward VIII: Britain's Traitor King**
One-off documentary exploring evidence that Edward VIII may have collaborated with the Nazis in the aftermath of his abdication in 1936. (S)(AD)

9.00 **NEW Falklands War: The Untold Story**
Documentary examining the Falklands conflict 40 years on. The head of the SAS in the Falklands, Sir Michael Rose, speaks about how the British task force came close to defeat. See feature, page 20. (S)(AD)

10.30 **Formula 1: Saudi Arabian Grand Prix Highlights**
Action from the second round of the campaign staged at the Jeddah Corniche Circuit. (S)

1.00 AM **Chernobyl: The New Evidence** 1/2. Documentary exploring the run-up to the nuclear disaster. (S)(R)(AD)
1.55 **Grand Designs** A ship-themed home standing on stilts over a marsh in East Sussex. (S)(R)(AD)
2.50 **The Great Cookbook Challenge with Jamie Oliver** (S)(SL)(R)(AD)
3.45 to 6.05 AM **Come Dine with Me** Five editions from Leeds. (S)(R)

+1 hour 204/208 142 15 121

6 PM

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 154 105 5 105 105 105

- 5.25 AM (BST) **Milkshake!**
- 10.00 **SpongeBob SquarePants** (S)(R)
- 10.25 **Entertainment News** (S)
- 10.30 **Friends** 16-19/24. (S1) (S)(R)
- 12.30 PM **A Beautiful Place to Die: A Martha's Vineyard Mystery** Drama starring Jesse Metcalfe and Sarah Lind. (S)(R)
- 2.10 **FILM Dante's Peak** Disaster drama starring Pierce Brosnan and Linda Hamilton. (S) (1997, 12, 130min) ★★★
- 4.20 **FILM Tomb Raider** Action adventure starring Alicia Vikander. A kickboxing heiress risks her life to save her missing father when she discovers a clue to his location. Also stars Dominic West, Walton Goggins and Kristin Scott Thomas. (S) (2018, 12, 130min) ★★★



NEW

9.00 **Holidaying with Jane...**

6.30 **When All Inclusive Holidays Go Horribly Wrong** Documentary in which holidaymakers discuss their dream break which turned into a nightmare. Including a nurse whose Crete vacation was ruined by a construction site next to their hotel. (S)(R)

8.00 **Happy Campers: The Caravan Park** **New edition** 2/8. Yellowcoats Hattie and Beth launch themselves into a season at Tencreek Holiday Park in Looe. (S)

9.00 **NEW SERIES Holidaying with Jane McDonald: The Caribbean** 1/4. The singer sets out on the trip of a lifetime as she island-hops solo around the Caribbean. (S)

10.00 **Dubai: Lives of the Super Rich** 1/3. Eamonn Holmes and Ruth Langsford head to the United Arab Emirates. (S)(R)

10.55 **Greatest Ever Movie Blunders** Elis James takes a look at mistakes in films. (S)(R)

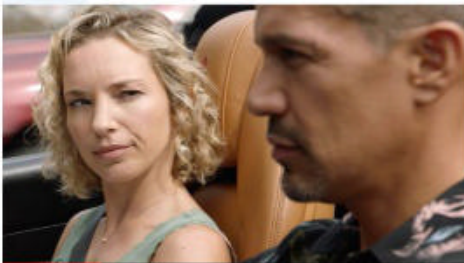
- 12.55 AM **Entertainment News** (S)
- 1.00 **21.co.uk Live Casino Show** (S)
- 3.00 **Entertainment News** (S)
- 3.05 **1998: Britain's Biggest Hits** The year's best singles. (S)(R)
- 4.15 **Casualty 24/7: Every Second Counts** A tough shift. (S)(R)
- 5.05 to 5.30 AM **House Doctor** (R)

+1 hour 205 155 46 128

SKY SHOWCASE

106 106 806 110 109 340 355

- 6.00 AM (BST) **Hour of Power** (S)(R)
- 7.00 **Madagascar: A Little Wild** (R)
- 9.05 **The Simpsons Brother from the Same Planet:** Bart searches for a new father figure. (S)(R)
- 9.30 **Magnum P.I. Angels Sometimes Kill:** 12/20. Shabby asks Thomas and Higgins to locate his missing friend. (S4) (R)
- 10.30 **NCIS: New Orleans Once Upon a Time:** 12/16. A Molotov cocktail is hurled into Pride's bar. (S7) (S)(R)
- 11.30 **LIVE WSL Manchester United v Everton:** The Women's Super League match staged at Old Trafford. Kick-off is at 12.30.
- 2.45 PM **LIVE WSL Leicester City v Chelsea:** The Women's Super League clash at the King Power Stadium. Kick-off is at 3.00.



9.00 **Magnum P.I.**

6.00 **The Simpsons Last Exit to Springfield:** Homer becomes a union representative. (S)(R)

6.30 **Krusty Gets Kancelled:** Bart and Lisa try to save Krusty's TV career. (S)(R)

7.00 **The Simpsons New episode Pixelated and Afraid:** Homer and Marge get lost in an icy wilderness.

7.30 **Homer's Barbershop Quartet:** Homer recalls his musical heyday. (S)(R)

8.00 **The Equalizer Separated:** 8/12. McCall and Mel help a deported woman track down her son, while also battling alongside Bishop to get Harry released from prison. (S2) (R)

9.00 **Magnum P.I. New episode Judge Me Not:** 13/20. When Hawaii Supreme Court nominee Judge Rachel Park is being blackmailed, she decides to hire Magnum and Higgins. (S4) (S)

10.00 **NCIS: New Orleans New episode Choices:** 13/16. The team investigate the deadly bar bombing and the impending criminal turf war involving Sasha Broussard. (S7) (S)

- 11.00 **NEW Oscars Live Party** All the build-up to the 94th Academy Awards ceremony.
- 2.00 AM **NEW The 94th Academy Awards** Coverage of the ceremony from the Dolby Theatre in Hollywood, Los Angeles, from the stars' red carpet arrivals to the moment they scoop their awards.
- 5.00 to 6.00 AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1
SCOTLAND
 Sky 951, Virgin 862, Freesat 960
10.00-10.30am
 The Sunday Show
N. IRELAND
 Sky 953, Virgin 863, Freesat 957
7.00-8.00pm Northern Irish Mums **New edition**
WALES
 Sky 952, Virgin 864, Freesat 964
4.05pm Weatherman Walking **4.35-5.05pm** Snowdonia: A Year on the Farm

BBC2
N. IRELAND
 Sky 972, Freesat 969
8.00pm Antiques Roadshow **New edition**
9.00 The Speedshop **New edition**
10.00 Séamus Ó Grianna: Saol Corrach
11.00 NEW SERIES The Misinvestigations of Romesh Ranganathan **12.00m't-12.10am** Gardening Together with Diarmuid Gavin **New edition**
WALES
 Sky 971, Freesat 971
6.45pm Scrum V Sunday **7.30** Stanley Tucci: Searching for Italy **New edition**
8.15 The Speedshop **New edition**
9.15 NEW SERIES The Misinvestigations of Romesh Ranganathan **10.15** Affairs of the Art **10.30 FILM** Molly's Game (2017, 15, 130min) ★★★ **12.40-1.10am** Saving Lives at Sea

ITV
 No variations

S4C
 Sky 134, Virgin 166, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **New edition**
9.00 Lle Bach Mawr **10.00** Eryri: Pobol y Parc **11.00** Yr Ocsiwniar **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Yr Wythnos **12.30pm** Bwrdd i Dri **1.00** 47 Copa: Her Huw Jack Brassington **1.30** Yn y Ffram **2.30** Dechrau Canu Dechrau Canmol **3.00** Dai Llanilar: O Sion A Sian I'r Sioe **3.55** Yn y Fan Ar Lle **4.25 LIVE** Clwb Rygbi **6.10** Pobol y Cwm Omnibws **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol **New edition**
8.00 Cór Cymru 2022 **New edition**
9.00 Stad **New episode**
10.00 Gweinidog Iechyd Mewn Pandemig **11.00-11.35pm** Y Byd ar Bedwar

TV&Satellite week
Best for Sky and Virgin

BBC3

117/141/173 107/157 23/109 179/107

BBC3 programmes start at 7.00pm



- 7.00 PM (BST) **EastEnders** Mitch and Karen get a distressing call about Mack and Mia.
- 7.30 Isaac spots the bullies taunting Tommy.
- 8.00 **The Drop** 2/8. Judge Miguel is joined by Ella Eyre.
- 9.00 **Love in the Flesh** 2/8. All five couples go on their first-ever date.
- 9.45 **Supercar, Superfam** Documentary series following two brothers who own a car workshop.
- 10.00 **FILM PREMIERE American Rapstar** Documentary focusing on the SoundCloud rap phenomenon. (2020, 15, 79min) ★★★
- 11.15 **The Drop** As 8.00pm.
- 12.15 AM **Love in the Flesh** As shown at 9.00pm.
- 1.00 **Supercar, Superfam**
- 1.15 **The Instagram Effect** The story of the social media giant and how it became the dominant force it is today.
- 2.15 **Freeze: Back On Thin Ice**
- 3.00 to 3.45 AM **Mood**

MORE4

136 136 831 147 195 18 124

- 8.55 AM (BST) **George Clarke's Amazing Spaces**
- 9.55 **Ugly House to Lovely House with George Clarke**
- 11.00 **George Clarke's Old House, New Home**
- 12.00 NOON **Come Dine with Me**
- 2.40 PM **Four in a Bed**
- 5.20 **Come Dine with Me** A barista hosts the first dinner party from Newcastle.
- 5.55 A teacher serves up a ginger-themed menu.
- 6.25 A mobile hairdresser hosts the third dinner party.
- 6.55 **Come Dine with Me** An Ibiza-inspired menu.
- 7.25 An Essex boy tries to impress his Geordie guests.
- 8.00 **NEW Devon and Cornwall: Traditional Lives** A special edition celebrating traditional crafts.
- 9.00 **NEW SERIES The Great Big Tiny Design Challenge with Sandi Toksvig** 1/8. Crafting challenge, in which 10 amateur miniature-makers must transform a derelict mini mansion
- 10.15 **24 Hours in A&E** A tree surgeon who has fallen 40ft to the ground.
- 11.20 **Emergency Helicopter Medics** Documentary.
- 12.25 AM **8 Out of 10 Cats Does Countdown**
- 2.30 to 3.45 AM **The Great Big Tiny Design Challenge with Sandi Toksvig**

+1 hour 236 196 86 125

BBC4

116 116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM (BST) **Virtuoso Violinists at the BBC**
- 7.55 **Secret Knowledge: Stradivarius and Me**
- 8.25 **FILM Max Richter's Sleep** A look at the staging of an eight-hour concert. (2019, PG, 99min) ★★★
- 10.00 **Skint: Heart of Glass New episode** 5/8. Writer/director Jenni Fagan's raw and heartfelt monologue.
- 10.15 **Skint: The Taking of Balgrayhill Street New episode** 6/8. James Price's monologue starring Peter Mullan.
- 10.30 **Skint: Unicorn New episode** 7/8. Rachel Trezise's monologue.
- 10.45 **What Do Artists Do All Day?** Documentary.
- 11.15 **The Sound of TV with Neil Brand**
- 12.15 AM **Wonder of Animals**
- 1.15 **Virtuoso Violinists at the BBC** Archive performances.
- 2.10 **Secret Knowledge: Stradivarius and Me**
- 2.40 to 3.40 AM **The Normans**

E4

135 135 830 106 145 13 122

- 6.00 AM (BST) **Hollyoaks**
- 8.20 **Rude(ish) Tube Shorts**
- 8.30 **Married at First Sight Australia** Double bill.
- 11.35 **Teen First Dates**
- 12.40 PM **Ramsay's Kitchen Nightmares USA**
- 3.35 **The Big Bang Theory** Seven episodes, including at: **6.00** 14/24. Raj finds himself stuck in the middle of a domestic drama. **6.30** 15/24. Amy guest stars on the new Professor Proton show. (S11)
- 7.00 **Lego Masters USA New edition** The teams take up the challenge of building a structure that is strong enough to withstand an earthquake.
- 8.00 **FILM The Greatest Showman** Musical drama starring Hugh Jackman. Former bank clerk PT Barnum creates a New York circus in the mid-1800s. (2017, PG, 102min) ★★★
- 10.00 **FILM Bad Neighbours 2** Comedy sequel starring Seth Rogen. A couple fight back against a college sorority that moves in next door. (2016, 15, 90min) ★★
- 11.50 **Naked Attraction** Double bill of the dating show.
- 1.55 AM **Gogglebox Sex Tape** and **Line of Duty** are assessed.
- 2.55 **Below Deck: Mediterranean**
- 3.45 to 6.00 AM **Hollyoaks**

+1 hour 235 146 30 123

Sunday

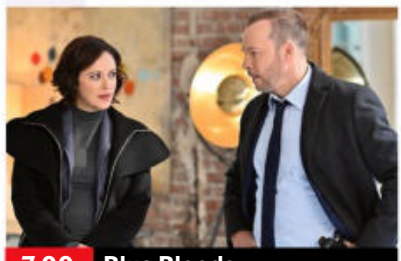
primetime

primetime

Sky Witness

107 107 807 112 111 341 356

- 6.00 AM (BST) **Nothing to Declare**
- 9.00 **Border Patrol**
- 11.00 **The Real A&E**
- 12.00 NOON **999 Frontline**
Firefighters in Norfolk tackle a blazing bungalow.
12.00 NOON **Police** deal with binge drinkers in King's Lynn.
- 1.00 PM **UK Border Force**
Officers refuse entry to a woman from South Africa.
- 2.00 **Nothing to Declare**
Ten editions, including at:
6.30 A man arrives in Australia to visit his internet lover.

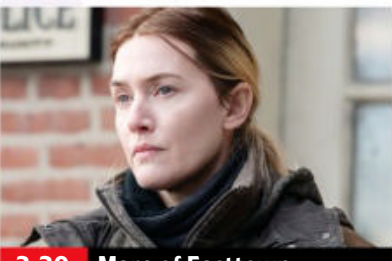


7.00 **Blue Bloods**

Sky Atlantic

108/109 108/109 808 342 357

- 6.00 AM (BST) **Fish Town**
- 10.00 **Six Feet Under** (S4&5)
- 12.10 PM **Six Feet Under** (S5)
- 3.30 **Mare of Easttown** 5/7. Mare opens up about her family's history with mental health.
4.40 6/7. After being given a second chance by Chief Carter, Mare reevaluates old suspects, which leads to the discovery of a shocking clue.
5.50 7/7. Mare concludes the investigation as she tries to bring the case that devastated her town to an end. (S1)



3.30 **Mare of Easttown**

Sky Max

113/114 113/114 122 121 345 360

- 6.00 AM (BST) **Hour of Power**
- 7.00 **Arrow** Triple bill. (S7)
- 10.00 **Magnum P.I.** (S4)
- 11.00 **NCIS: New Orleans** (S7)
- 1.00 PM **NCIS: New Orleans** 17/24. Pride returns to the New Orleans office.
2.00 18/24. The NCIS team investigate the murder of a friend of Patton.
3.00 19/24. A navy lieutenant dies after falling down a flight of stairs at a charity gala. (S5)
- 4.00 **Golf's Funniest Moments**
- 5.00 **A League of Their Own**



10.00 **NCIS: New Orleans**

ITV2

118 118 816 115 176 6 113

- 6.00 AM (BST) **Totally Bonkers Guinness World Records**
- 6.30 **Love Bites**
- 8.35 **Dress to Impress**
- 11.40 **Celebrity Supermarket Sweep**
- 12.40 PM **Catchphrase**
- 1.25 **You've Been Framed! Gold**
- 2.25 **FILM Dr Seuss' The Lorax**
Animated comedy adventure. (2012, U, 82min) ★★★
- 4.10 **FILM Despicable Me**
Animation. (2010, U) ★★★★★
- 6.15 **FILM Man of Steel** Fantasy adventure. (2013, 12) ★★★



6.15 **Man of Steel**

ITV3

119 119 817 117 177 10 115

- 6.00 AM (BST) **Emmerdale Omnibus**
- 8.50 **Agatha Christie's Poirot**
- 11.05 **Midsomer Murders**
Fit for Murder: John Nettles' final case as DCI Tom Barnaby.
1.05 PM *Death in the Slow Lane*: A DJ judging a classic car show is crushed to death.
3.05 *Schooled in Murder*: A dairy worker is crushed by a giant round of cheese.
5.05 *Let Us Prey*: A killer uses ancient torture methods to punish modern-day 'sinners'.



9.00 **Inside the Ritz Hotel**

7 PM

7.00 **Blue Bloods** *Hide in Plain Sight*: 18/19. Eddie and Jamie team up to unmask the mastermind behind a robbery. (S10)

7.00 **Funeral for a Dog** *Karvasmanteli*: 3/8. A journalist travels to Italy to interview a celebrated novelist. Subtitled.

7.00 **A League of Their Own**
Andrew Flintoff takes over as host, with guests Kevin Bridges, Sam Quek and Dina Asher-Smith.

FILM Man of Steel
(film started at 6.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

7.00 **Midsomer Murders** *The Village That Rose from the Dead*: Christmas special from 2016. A man is found murdered ahead of the reopening of a village that has stood abandoned since World War Two. Guest stars Hugh Dennis

8 PM

8.00 **The Equalizer** *Separated*: 8/12. McCall and Mel help a deported woman track down her son. (S2)

8.00 **Funeral for a Dog** *Sh***Y City*: 4/8. The German drama starring Friedrich Mücke continues. Subtitled. (S1)

8.00 **Resident Alien** *Family Day*: 5/8. Harry and Asta's trip is interrupted by a relative as the town celebrates family. (S2)

9.00 **Family Guy** 10/18. Peter discovers his first name is actually Justin.
9.30 11/18. Peter starts a detective agency. (S13)

9.00 **Inside the Ritz Hotel**
The establishment hosts a dinner dance.
9.30 The hotel is turned around for Christmas.

9 PM

9.00 **The Rookie** *Heart Beat*: 10/11. The team race to the rescue when a plane crashes in the middle of the city. (S4)

9.00 **The Gilded Age** *Let the Tournament Begin*: 9/9. Bertha and Mrs Astor's clash impacts all of New York society. (S1)

9.00 **Magnum P.I.** *New episode Judge Me Not*: 13/20. Hawaii Supreme Court nominee Judge Rachel Park is blackmailed. (S4)

10.00 **Family Guy** 17/21. Mayor West becomes Peter's new best friend.
10.30 19/21. Bonnie and Lois visit Paris. (S9)

10.00 **The Booze Cruise**
One-off comedy drama about five men who set off on a shopping trip to a French hypermarket.

10 PM

10.00 **9-1-1** *Ghost Stories*: 7/18. A woman suspects her housemate is a ghost, and a man claims he was buried alive. (S5)

10.05 **Billions** *Hindenburg*: 9/12. Chuck fights to unlock the city for the people, and Taylor teams up with Philip (S6)

10.00 **NCIS: New Orleans** *New episode Choices*: 13/16. The team investigate the deadly bar bombing. (S7)

11.00 **Family Guy** (S13)
11.30 **American Dad!** (S13&12)
12.25 **AM Stand Up Sketch Show**
12.55 **Don't Hate the Playaz**
1.40 **Iain Stirling's CelebAbility**
2.25 **Totally Bonkers Guinness World Records**
3.20 to 3.30 AM **Unwind with ITV**

12.05 AM **Maigret - Night at the Crossroads** 1/2. The detective interrogates a mysterious Dane who has been caught with a dead body in his car. (S2)
2.00 **Law & Order: UK** (S4)
3.45 **A Touch of Frost**
5.30 to 6.00 AM **Unwind with ITV**

+1 hour 207 206

+1 hour 208/209

+1 hour 218 116 29 114

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106

REST OF UK 194 162 110

- 12.00 NOON (BST) **This Is BBC Scotland**
- 7.00 PM **The Seven**
- 7.15 **Dolly: The Sheep That Changed the World**
The story of the first mammal to be cloned.
- 8.15 **Grand Tours of Scotland's Lochs**
Paul Murton finds out about the ancient oak woods of Loch Sunart.
- 8.30 **The Mart** 6/6. Auctioneer Colin visits rival farmers desperate to outdo each other on sales day.
- 9.00 **Still Game** *Saucy*: 6/6. Jack and Victor decide to visit Winston in his new home at the seaside town of Finport. (S5)
- 9.30 **NEW Long Live My Happy Head** An artist who creates comic books to communicate his experience of cancer.
- 11.00 PM to 12.00 M/T **Seven Days**

Sky Comedy

114/115 135 123 346 361

- 8.00 AM (BST) **The Office (US)** 17-21/25. (S9)
- 11.00 **The Mindy Project** (S1)
- 11.30 **Will & Grace** (S2&3)
- 2.00 PM **The Fresh Prince of Bel Air** 18-22/24. (S6)
- 4.30 **Modern Family** (S5)
- 7.00 **The Office (US)** 7/22. Michael and Jan try to woo a new client.
7.30 8/22. Michael gives the staff a performance evaluation.
8.00 9/22. Michael starts monitoring e-mails.
8.30 10/22. Michael holds a Christmas party at the office.. (S2)
- 9.00 **Ferrell Takes the Field**
Documentary following Will Ferrell as he plays in five Major League Baseball training games.
- 10.00 **Bloods** 2/10. (S2)
- 10.25 **Micky Flanagan: The Out Out Tour**
- 12.00 M/T **Girls** (S2)
- 3.00 AM **A.P. Bio** 3&4/13. (S1)
- 4.00 to 5.00 AM **Everybody Hates Chris**

Sky Arts

130 130 165 140 11 147 364

- 6.00 AM (BST) **Highlights**
- 8.30 **Tales of the Unexpected**
- 11.00 **Discovering: Abba**
- 12.00 NOON **André Rieu: Welcome to My World**
- 2.00 PM **The Making of Marc Bolan**
- 3.00 **FILM Another Shore**
Comedy. (1948, U) ★★
- 4.35 **Springsteen & I**
- 6.00 **Johnny Cash: A Legend in Concert**
- 6.45 **Tony Bennett & Lady Gaga: Cheek to Cheek**
- 8.00 **Soul II Soul: Club Classics Vol 1**
- 9.00 **James Brown: Live at Montreux** From 1981.
- 10.20 **Mr Dynamite: The Rise of James Brown**
- 12.35 AM **Chuck Berry: Brown-Eyed Handsome Man**
- 2.10 **Kate Bush: Sensual World** A 1989 interview.
- 2.40 **Video Killed the Radio Star** Kate Bush.
- 2.45 **Music Icons**
- 3.10 to 6.00 AM **Highlights**

Pick

159 156 36 144

- 6.00 AM (BST) **Border Patrol**
- 8.00 **Police Force: Australia**
- 10.00 **Highway Patrol**
- 11.00 **UK Border Force**
- 12.00 NOON **Road Wars**
- 2.00 PM **Nothing to Declare**
- 4.00 **Highway Cops**
- 5.00 **Caught Red Handed**
- 7.00 **Motorbike Cops**
- 8.00 **Brit Cops: Law & Disorder** Following the work of the City of London Police.
- 9.00 **Bruno v Tyson** The story of the legendary boxing rivalry.
- 10.45 **The Killer Within**
The murder of French au pair Sophie Lionnet.
- 11.45 **Britain's Most Evil Killers** The story of Peter Moore, the killer dubbed 'The Man In Black'.
- 12.45 AM **Killer Colleagues**
- 1.45 **Killer Families**
- 2.45 **Police Force: Australia**
- 4.00 to 6.00 AM **Border Patrol**

+1 hour 259 145

Comedy Central

112/113 181 132 344 370

- 8.00 AM (BST) **Friends**
- 1.00 PM **Friends** (S9)
- 7.00 PM **Friends** 22/24. Monica and Chandler invite a potential sperm donor round for dinner.
7.25 23&24/24. The gang head to Barbados to hear Ross address a convention. (S9)
- 8.25 1/18. Rachel and Joey struggle to tell Ross about their kiss. (S10)
- 9.00 **FILM Meet the Fockers**
Comedy sequel starring Ben Stiller and Robert De Niro. A hapless male nurse faces a weekend of embarrassment when he introduces his prospective in-laws to his laid-back parents. (2004, 12, 115min) ★★
- 11.15 **Britain's Favourite TV Comedy: The 90s**
- 1.15 AM **The Ricky Gervais Show** Double bill.
- 2.15 **South Park** (S18)
- 4.10 to 5.00 AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 179 28 119

- 7.00 AM (BST) **Masters of Flip**
- 9.00 **LittleBe**
- 12.00 NOON **Masters of Flip**
- 12.55 PM **Real Housewives of Orange County**
- 5.30 **Chrisley Knows Best**
- 6.00 **Celebrity Dinner Date**
- 8.00 **Billie and Greg: The Family Diaries**
It's the run-up to Christmas and Billie is struggling to juggle work, family life and new home renovations.
- 9.00 **Botched** Terry Dubrow assists a fitness fanatic by fixing her 'lady lumps'.
- 10.00 **For Real: The Story of Reality TV** Andy Cohen takes a look at reality TV's fascination with the wealthy.
- 11.00 **Bridezillas**
- 11.55 **Botched: Most Outrageous Before and After**
- 12.25 to 1.00 AM **Unwind with ITV**

+1 hour 120 58

ITV4

- 120 120 818 118 178 26 117**
- 6.00 AM (BST) **Nine Dart Finishes**
 - 6.05 **Motorsport Mundial**
 - 6.30 **Auto Mundial**
 - 6.55 **MotoGP Highlights**
 - 7.45 **Hornblower**
 - 9.55 **FILM Gunfight at the OK Corral** Classic Western. (1956, PG, 122min) ★★★★★
 - 12.30 PM **FILM Nevada Smith** Western. (1966, 15) ★★★★★
 - 3.05 **FILM Jeremiah Johnson** Adventure. (1972, PG) ★★★★★
 - 5.25 **FILM Moonraker** James Bond adventure. (1979, PG) ★★



3.05 Jeremiah Johnson

FILM Moonraker (film started at 5.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **Gallagher Premiership Rugby Union Highlights**
Action from the latest round of fixtures, including Bath v Sale Sharks.

9.00 **FILM Cliffhanger**
Action adventure starring Sylvester Stallone and John Lithgow. A Rocky Mountains rescuer attempts to foil a violent gang searching for its loot in the wilderness. (1993, 15, 112min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **FILM Scarface** Brian De Palma's crime thriller about the rise and fall of a Cuban gangster in Miami's violent drugs underworld. Stars Al Pacino and Robert Loggia. (1983, 18, 163min) ★★★★★

2.40 to 3.00 AM **Unwind with ITV**

+1 hour **220 175 60 118**

Syfy

- 152 152 836 139 138 347 362**
- 6.00 AM (BST) **Stargate SG-1** (S3)
 - 8.00 **Teleshopping**
 - 11.00 **Stargate SG-1** 16/22. (S3)
 - 12.00 NOON **Quantum Leap**
Five episodes, including at:
2.00 PM 13/22. Sam materialises as a mother.
3.00 14/22. Sam occupies the body of a high-school American football quarterback.
4.00 15/22. Sam jumps into the body of an FBI agent. (S2)
 - 5.00 **FILM Collision Earth** Sci-fi drama starring Eric Roberts. (2020, PG, 90min) ★★



7.00 Megalodon Rising

7.00 **FILM Megalodon Rising**
Disaster drama starring Wynter Eddins. The monstrous shark returns from the depths once more, so an armada of modern warships is sent to destroy it once and for all. (2021, PG, 83min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Grimm The Ungrateful Dead**: 1/22. Nick is seemingly killed by Baron Samedi, only to rise from the grave.

10.00 **Grimm PTZD**: 2/22. Adalind tries to regain her powers, while Monroe, Hank, Rosalee and Juliette track down Nick. (S3)

11.00 **Grimm** 3&4/22. (S3)

1.00 AM **Intergalactic** 3/8. (S1)

2.00 **FILM Armed Response**
Action thriller starring Wesley Snipes. (2017, 15, 93min) ★

4.00 to 6.00 AM **FILM The Final Level: Escaping Rancala**
Fantasy. (2019, PG, 87min) ★

+1 hour **252 229**

Alibi

- 132 132 827 126 212**
- 7.10 AM (BST) **Murdoch Mysteries**
 - 10.00 **Frankie Drake Mysteries**
 - 12.00 NOON **Death in Paradise**
 - 2.00 PM **Father Brown**
 - 4.00 **Reef Break** 13/13. The future is uncertain as Cat Chambers tries to clear her name. (S1)
 - 5.00 **Frankie Drake Mysteries** 1/10. Frankie and Trudy investigate a murder during a scavenger hunt. (S4)
 - 6.00 **Murdoch Mysteries** 9/12. Murdoch deals with the Newsomes in a complex kidnapping situation. (S15)



7.00 Hudson & Rex

7.00 **Hudson & Rex**
New episode *A Stab in the Dark Web*: 7/16. Major Crimes investigates a dark web marketplace. (S4)

8.00 **Hudson & Rex Murder, She Thought**: 6/16. The pharmacist at Charlie's aunt's retirement home is found dead. (S1)

9.00 **Death in Paradise Beyond the Shining Sea - Part One**: 5/8. A festival queen is murdered. (S8)

10.00 **Clarice Family is Freedom**: 13/13. Clarice is held in an animal testing facility where she finds trafficked women. (S1)

11.00 **Pretty Hard Cases** 10/10. Sam and Kelly must team up with an enemy in order to take down a bigger threat. (S1)

12.00 M'T **Traces** 6/6. (S2)

1.00 AM **Rizzoli & Isles** (S2)

3.00 to 4.00 AM **Murdoch Mysteries**

+1 hour **232 191**

GOLD

- 110/111 110/111 124 343 358**
- 7.00 AM (BST) **Citizen Khan**
 - 8.00 **Only Fools and Horses**
 - 1.05 PM **Only Fools and Horses**
Rodney finally ties the knot with Cassandra.
2.15 Christmas special from 1987. Del Boy sets out to find his dear departed mother's treasure trove.
3.30 Christmas special from 1993. A nagging toothache forces Del to visit the dentist.
5.20 Christmas special from 2003. The Trotters urgently need money to save their flat.



7.00 Only Fools and Horses

7.00 **Only Fools and Horses**
Del Boy is invited to a school reunion at the Nag's Head. Guest stars Jim Broadbent.

8.05 **Dad's Army** Mainwaring discovers the extent of Jones's cash-flow crisis.

8.40 **Only Fools and Horses**
Del buys a new manual to show him how to make positive decisions, but it only succeeds in helping the Trotters' finances hit an all-time low.

10.00 **Billy Connolly Does...**
Billy talks about his love of all things furry and his hopes about what's next in store for Mother Earth.

11.00 **Lenny Henry's Race Through Comedy** Sketch comedy over the past five decades.

12.00 M'T **French and Saunders**

1.20 AM **Bridget & Eamon**

2.20 **Bridget & Eamon Christmas Special**

3.00 to 4.00 AM **The Interviews**

+1 hour **210/211 194**

Dave

- 111/112 127 227 19 157**
- 7.10 AM (BST) **Sin City Motors**
 - 8.00 **American Pickers**
 - 9.00 **Storage Hunters UK**
 - 10.00 **Top Gear** Double bill.
 - 12.00 NOON **American Pickers**
 - 1.00 PM **Border Force: America's Gatekeepers** Double bill.
 - 3.00 **Top Gear** An adventure in a remote area of Canada.
 - 4.00 **Would I Lie to You?** Triple bill.
 - 6.00 **Top Gear** Matt LeBlanc and Chris Harris go to Norway to test drive the latest estate cars from Porsche and Ferrari.



7.00 Border Force

7.00 **Border Force: America's Gatekeepers**
Officers discover the fuel tanks on a truck are full of liquid meth.

8.00 **QI XL** Sue Perkins, Romesh Ranganathan and Bill Bailey join regular panellist Alan Davies and host Stephen Fry.

9.00 **Have I Got a Bit More Old News for You** Tracey Ullman hosts the satirical quiz, with guests James Acaster and Beth Rigby.

10.00 **The Island** Game show hosted by Tom Allen, with Sara Pascoe, Johnny Vegas, Ninia Benjamin and Ahir Shah.

11.00 **QI XL** With Julia Zemiro, Matt Lucas and David Mitchell.

12.00 M'T **Alan Davies: As Yet Untitled**

1.00 AM **Live at the Apollo**

3.00 **Insert Name Here**

3.30 to 4.00 AM **The Indestructibles**

+1 hour **211 131 25**

GREAT! tv

- 157 189 50 142**
- 6.00 AM (BST) **Murder, She Wrote** Seven episodes.
 - 1.00 PM **Murder, She Wrote**
Eight episodes of the drama, including at:
4.00 *Kendo Killing*: A motorcyclist runs into danger in Japan.
5.00 *Death Goes Double Platinum*: Jessica investigates murder in the music industry.
6.00 *Murder in Tempo*: Foul play disrupts a charity rock concert.
7.00 *The Dark Side of the Door*: A killing is linked to an abduction 11 years previously.
8.00 *Murder Among Friends*: Disaster strikes on the set of a sitcom.
 - 9.00 **Who Wants to Be a Millionaire?** Four editions of the quiz.
 - 1.00 AM **Sue Thomas: F.B. Eye** 17&18/19. (S3)
 - 3.00 **Crazy Like a Fox** (S2)
 - 4.30 to 6.00 AM **Hart to Hart**

+1 hour **257 220 62 143**

4seven

- 137 143 203 49 127**
- 9.00 AM (BST) **A Place in the Sun** Triple bill.
 - 12.00 NOON **Four in a Bed**
 - 1.00 PM **Four in a Bed**
 - 2.30 **A Place in the Sun**
Six editions, including at:
6.00 A couple from York who dream of retiring to Spain.
7.00 A couple search for a new home in the Spanish countryside around Almeria.
 - 8.00 **Kirstie and Phil's Love It or List It**
Kirstie Allsopp and Phil Spencer visit Lancing, West Sussex, where Gloria and Tom are battling over whether to stay put or move on from their Victorian semi.
 - 9.00 **Gogglebox** Triple bill.
 - 12.10 AM **24 Hours in A&E**
 - 2.20 **Naked Attraction**
 - 3.25 **8 Out of 10 Cats Does Countdown**
 - 4.20 to 4.50 AM **Fame in the Family**

+1 hour **241 185 130**

5USA

- 141 141 153 21 129**
- 9.00 AM (BST) **Entertainment News**
 - 9.10 **Columbo** Double bill.
 - 1.10 PM **Columbo** Four further episodes of the drama, including at:
7.00 *An Exercise in Fatality*: A health-club owner murders his business partner.
 - 9.00 **NCIS Sangre**: 12/16. Torres finally meets his father. (S18)
 - 10.00 **Law & Order: Special Victims Unit Justice Denied**: 17/23. Benson is accused of putting an innocent man in prison.
11.00 *Valentine's Day*: 18/23. A businessman's wife is abducted from her home. (S13)
 - 11.55 **Law & Order: Special Victims Unit** (S13)
 - 1.50 AM **Law & Order: Criminal Intent** (S1)
 - 3.35 to 4.00 AM **Criminals: Caught on Camera**

+1 hour **241 185 130**

5STAR

- 128 151 32 131**
- 8.00 AM (BST) **Criminals: Caught on Camera**
 - 8.25 **Caught on Camera: Funniest Moments**
 - 9.10 **Judge Judy**
 - 12.00 NOON **Filthy House SOS**
 - 2.00 PM **Traffic Cops**
 - 5.00 **Police Interceptors**
 - 7.00 **Police Interceptors: Lethal Weapons**
 - 8.00 **Police Interceptors: Fast & Furious**
 - 9.00 **FILM Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy and Judge Reinhold. (1994, 15, 104min) ★★
 - 11.10 **FILM Airplane II - The Sequel** Comedy sequel starring Robert Hays (1982, 15, 81min) ★★★★★
 - 1.00 AM **Countdown to Murder** Documentary.
 - 2.00 **Kill Thy Neighbour**
 - 3.00 **Mobs & Yobs: Caught on Camera**
 - 3.50 to 4.00 AM **Entertainment News**

+1 hour **228 186 141**

W

- 109/110 109/110 125 211**
- 6.10 AM (BST) **Tipping Point**
 - 2.00 PM **My Family**
 - 6.00 **Inside the Ambulance**
 - 7.00 **999 Rescue Squad**
Following the work of Yorkshire Ambulance Service's Hazardous Area Response Team.
 - 8.00 **Inside the Operating Theatre** A patient has keyhole surgery to repair his hernia.
 - 9.00 **Louis Theroux's Altered States** How adoption is a big business in California.
 - 10.00 **Louis Theroux: Twilight of the Porn Stars** Louis revisits the male adult-film actors he met in LA in 1997.
 - 11.00 **One Born: What Happened Next?**
 - 1.00 AM **Extreme Food Phobics** A woman whose restrictive diet is putting her health at risk.
 - 2.00 to 3.00 AM **One Born Every Minute**

+1 hour **209/210 190**

7 PM

8 PM

9 PM

10 PM

CBS Drama

- 147 197 68 134**
- 7.30 AM (BST) **Key of David**
 - 8.00 **Teleshopping**
 - 9.00 **The Fugitive**
 - 2.00 **PM Unsolved Mysteries**
 - 6.00 **Matlock** *The Strangle*: 3/22. A serial killer has his eye on Matlock.
 - 7.00 *The Nightmare*: 4/22. Matt has a dream he is in the Wild West.
 - 8.00 *The Marriage Counsellor*: 5/22. A counsellor is murdered and his client list provides no end of suspects.
 - 9.00 *The Dame*: 6/22. The attorney recounts a story involving his father.
 - 10.00 *The Suspect - Part One*: 7/22. A man is accused of killing a drug dealer. (S6)
 - 11.00 **Scorpion** *Road Block*: 21/25. The team track down an asteroid that could prove deadly to humanity. (S3)
 - 12.00 **M'T Scorpion** (S3)
 - 4.00 to 6.00 AM **Judge Judy**

HGTV

- 158 286 44 166**
- 7.00 AM (BST) **Honey I Bought the House**
 - 8.00 **My Lottery Dream Home** Four editions.
 - 10.00 **Flip or Flop**
 - 11.00 **Christina on the Coast**
 - 12.00 **NOON Selling Houses with Amanda Lamb**
 - 2.00 **PM 100 Day Dream Home** In Florida.
 - 3.00 **A Place in the Sun**
 - 5.00 **Love Your Garden**
 - 6.00 **My Mortgage Free Home** Property series.
 - 7.00 **No Demo Reno** Jennifer helps a family-of-five who have \$70,000 to spend on a renovation.
 - 8.00 **A Place in the Sun**
 - 10.00 **Celebrity IOU** With LeAnn Rimes.
 - 11.00 **Good Bones**
 - 12.00 **M'T My Lottery Dream Home** Four editions.
 - 2.00 AM **Honey I Bought the House** House-hunting.
 - 3.00 to 4.00 AM **Island Life**

Really

- 142 128 17 160**
- 6.00 AM (BST) **Celebrity Fantasy Homes**
 - 7.00 **Teleshopping**
 - 8.00 **Celebrity Fantasy Homes** Double bill.
 - 10.00 **A Place in the Sun**
 - 3.00 **PM The Hotel Inspector** In Kent.
 - 4.00 **Antiques Road Trip**
 - 7.00 **Dales for Sale**
 - 8.00 **My Mortgage Free Home** A couple from St Albans view properties near the seaside and the countryside.
 - 9.00 **Dr Pimple Popper** James has a large, squishy lump on his head.
 - 10.00 **This Cop Life** Body cameras capture the demanding work of UK police officers.
 - 11.00 **Ghost Adventures**
 - 12.00 **M'T The Holzer Files**
 - 1.00 AM **Haunted Hospitals**
 - 2.00 **Teleshopping**
 - 4.00 to 6.00 AM **A Place in the Sun**

CBS Justice

- 148 192 41 137**
- 9.00 AM (BST) **Diagnosis Murder** Triple bill.
 - 12.00 **NOON JAG** (S2)
 - 2.00 **PM NCIS** (S10)
 - 6.55 **JAG** *Crossing the Line*: 5/15. Harm investigates a sexual harassment case.
 - 7.55 *Trinity*: 6/15. Harm is assigned to track down an IRA terrorist. (S2)
 - 8.55 **CSI: Miami** *One-Night Stand*: 14/24. Two murders occur at the same hotel.
 - 9.50 *Identity*: 15/24. Horatio encounters an old enemy.
 - 10.45 *Nothing to Lose*: 16/24. Guest starring Jeffrey Donovan.
 - 12.00 **M'T Money Plane**: 17/24. Guest starring Michael Landes.
 - 12.55 AM *Game Over*: 18/24. Guest starring Tony Hawk. (S3)
 - 1.50 **JAG** 5&6/15. (S2)
 - 3.45 to 6.00 AM **Diagnosis Murder**

Food Network

- 140 285 43 148**
- 6.00 AM (BST) **Guy's Grocery Games**
 - 8.00 **The Pioneer Woman**
 - 10.00 **Man v Food with Casey Webb** Six editions.
 - 1.00 **PM Tales from River Cottage** Four editions.
 - 3.00 **Nadiya's Family Favourites** Eight editions.
 - 7.00 **Nigel Slater's Dish of the Day** Double bill.
 - 8.00 **Michel Roux's French Country Cooking** Michel treats his friends to a red rice salad.
 - 9.00 **Classic Mary Berry** A range of recipes to tempt family and friends.
 - 9.30 **Recipes for breakfast drop scones.**
 - 10.00 **Chopped** Four chefs compete in diner-themed challenges.
 - 11.00 **Man v Food** Double bill.
 - 12.00 **M'T Mystery Diners**
 - 2.00 to 3.00 AM **River Cottage Spring**

Blaze

- 164 216 64 162**
- 6.00 AM (BST) **Storm Stories**
 - 7.00 **Alone**
 - 8.00 **Monsterquest**
 - 9.00 **Search for the Lost Giants** A giant skeleton.
 - 10.00 **Top Secret UFO Projects Declassified**
 - 11.00 **UFO Europe: The Untold Stories**
 - 12.00 **NOON Strangest Things**
 - 1.00 **PM Ancient Superstructures**
 - 2.00 **Curse of Skinwalker Ranch** Four editions.
 - 6.00 **Cities of the Underworld**
 - 8.00 **The Curse of Oak Island: Drilling Down**
 - 9.00 **Wicked Tuna**
 - 10.00 **Storm Stories**
 - 11.00 **Alone**
 - 12.00 **M'T Paranormal: Caught on Camera**
 - 1.00 AM **Court Cam**
 - 2.30 **Storage Wars**
 - 3.00 **Wicked Tuna**
 - 3.45 **Counting Cars**
 - 4.10 to 6.00 AM **Pawn Stars**

Challenge

- 160 160 48 146**
- 7.00 AM (BST) **The Chase**
 - 9.00 **Wheel of Fortune**
 - 11.30 **The Price Is Right**
 - 12.30 **PM Blockbusters** Triple bill of the quiz show.
 - 2.00 **Family Fortunes** Double bill of the game show with Les Dennis.
 - 3.00 **Catchphrase** Four editions of the game show with Nick Weir.
 - 5.00 **The Chase** Four editions of the general knowledge quiz hosted by Bradley Walsh.
 - 9.00 **The Chase Celebrity Special** Antony Cotton, Alex Jones, Gyles Brandreth and Paul Martin try to win thousands of pounds for charity by outwitting a trivia expert. Bradley Walsh hosts.
 - 10.00 **Who Wants To Be A Millionaire - Mother's Day Special Quiz.**
 - 11.00 **PM to 6.00 AM The Chase**

DMAX

- 172 171 39 150**
- 6.00 AM (BST) **Fast N' Loud Revved Up** Triple bill.
 - 9.00 **G.A.S. Extreme Customs**
 - 10.00 **American Pickers**
 - 12.00 **NOON Outback Opal Hunters** Triple bill.
 - 3.00 **PM Aussie Gold Hunters** Triple bill.
 - 6.00 **Gold Divers**
 - 7.00 **Jade Fever**
 - 8.00 **Alaska: The Last Frontier** Documentary.
 - 9.00 **Naked and Afraid XL** A storm destroys the survivalists' food supply.
 - 10.00 **Ed Stafford: First Man Out** In China.
 - 11.00 **My Cat from Hell**
 - 12.00 **M'T Dr Jeff: Rocky Mountain Vet**
 - 1.00 AM **Building Alaska**
 - 3.00 **Bear Grylls: Born Survivor**
 - 3.50 **Tanked**
 - 4.40 **Maine Cabin Masters**
 - 5.30 to 6.00 AM **Salvage Dawgs**

TLC

- 133 133 828 167 323 377**
- 6.00 AM (BST) **Say Yes... UK**
 - 7.00 **Say Yes... Lancashire**
 - 8.00 **Buddy's Big Bakedown**
 - 10.00 **Say Yes to the Dress**
 - 12.30 **PM Say Yes to the Dress: Atlanta**
 - 2.00 **Say Yes to the Dress: UK** Four editions.
 - 4.00 **Say Yes to the Dress: Bridesmaids**
 - 5.00 **Dr Pimple Popper**
 - 6.00 **I am Shauna Rae**
 - 7.00 **Dr. Pimple Popper: Pop Ups** All new pop-up facts and secrets.
 - 8.00 **Dr Pimple Popper**
 - 9.00 **Body Bizarre**
 - 10.00 **Heartbreak Island**
 - 11.00 **Say Yes to the Dress: Lancashire**
 - 12.00 **M'T Dr Pimple Popper**
 - 1.00 AM **Dr. Pimple Popper: Pop Ups**
 - 2.00 **Curvy Brides Boutique**
 - 4.00 to 6.00 AM **Say Yes to the Dress**

E!

- 151 151 835 164 163**
- 7.00 AM (BST) **Kourtney and Khloe Take the Hamptons** Five editions.
 - 12.00 **NOON Botched** Ten editions, including at: 7.00 PM **Tiffany 'New York'** Pollard is back and hopes to beat breast implant illness.
 - 8.00 A British patient with a 'duck butt' and bulging belly seeks help from Terry Dubrow.
 - 9.00 Paul Nassif fixes a Lebanese pop star's nose.
 - 10.00 **NEW E! Live from the Red Carpet: Oscars 2022** Laverne Cox reports on the arrivals to the ceremony.
 - 12.00 **M'T NEW E! Live from the Red Carpet: Oscars 2022** Laverne Cox reflects on events.
 - 1.00 AM **Overserved with Lisa Vanderpump**
 - 2.00 **Teleshopping**
 - 3.00 to 5.00 AM **Mariah's World**

5Action

- 150 187 150 33 132**
- 9.00 AM (BST) **Police Interceptors**
 - 10.00 **WWE - SmackDown Highlights**
 - 11.00 **WWE - Raw Highlights**
 - 11.55 **Entertainment News**
 - 12.05 **PM Criminals: Caught on Camera**
 - 12.35 **Police Interceptors**
 - 2.35 **FILM Arthur & Merlin Fantasy.** (2015, 12) ★★
 - 4.50 **FILM PREMIERE We Go in at Dawn** War drama. (2020, 15, 85min) ★★
 - 6.50 **FILM Two Mules for Sister Sara** Comedy Western. (1969, 15, 114min) ★★★
 - 9.00 **FILM On Deadly Ground** Action thriller. (1994, 15, 102min) ★
 - 11.05 **FILM Invasion USA** Adventure. (1985, 18) ★
 - 1.15 AM **999: Criminals Caught on Camera**
 - 3.10 **Banged Up Abroad**
 - 4.00 **Car Crash TV**
 - 4.50 to 5.00 AM **Entertainment News**

5SELECT

- 153 152 56 133**
- 9.00 AM (BST) **Around the World by Train**
 - 9.35 **The Gadget Show**
 - 10.35 **GPs: Behind Closed Doors** Triple bill.
 - 1.35 **PM Battle of Britain: Three Days that Saved the Nation**
 - 2.35 **Battle of Britain: The Longest Day**
 - 3.35 **Battle of Britain: Our Finest Hour**
 - 4.35 **FILM A Bridge Too Far** World War Two epic. (1977, 15, 175min) ★★★
 - 8.00 **The Great Escape: A Daring Plan** 1/3.
 - 9.00 **The Great Escape: Breakout** 2/3.
 - 10.00 **The Great Escape: Capture** 3/3.
 - 11.00 **FILM Crimson Tide** Thriller. (1995, 15, 116min) ★★★
 - 1.25 AM **100 UFOs Caught on Camera**
 - 3.25 **Around the World by...**
 - 3.55 to 4.00 AM **Entertainment News**

Sky Documentaries

- 121 121 819 278 277 352 367**
- 6.00 AM (BST) **Discovering**
 - 8.00 **The Directors**
 - 8.55 **The Man Who Bought Cricket**
 - 9.55 **Music Box**
 - 11.55 **King Otto**
 - 1.30 **PM At the Heart of Gold: Inside the USA** **Gymnastics Scandal**
 - 3.10 **FILM Fire in Babylon** Documentary. (2010, 12, 86min) ★★★
 - 4.50 **FILM Undeclared** Documentary. (2011, 12, 113min) ★★★★★
 - 7.00 **Super Greed: The Fight for Football**
 - 9.00 **I Am Heath Ledger**
 - 10.45 **The Scheme**
 - 12.55 **AM Larry Kramer: In Love & Anger**
 - 2.30 **Manhunt: The Search for Bin Laden**
 - 4.30 **FILM The Cold Blue** The missions of World War Two's Eighth Air Force. (2018, PG, 101min) ★★★★★
 - 5.30 to 6.00 AM **PL Legends**

Sky Crime

- 122 122 820 137 136 348 363**
- 6.00 AM (BST) **Road Wars**
 - 7.00 **Motorway Patrol**
 - 10.00 **Highway Cops**
 - 11.30 **Caught Red Handed**
 - 1.00 **PM Send in the Dogs**
 - 2.00 **World's Most Evil Killers**
 - 3.00 **An Unexpected Killer**
 - 4.00 **Killer in My Village**
 - 6.00 **Forensics: Catching the Killer** Documentary.
 - 7.00 **Britain's Most Evil Killers** British spree killer Daniel Gonzalez.
 - 8.00 **Murdered at First Sight** Two girls who fell victim to the same killer.
 - 9.00 **Deep Water: The Real Story** The wave of violent crimes against homosexuals in Sydney in the 1980s and 1990s.
 - 10.45 **New York Homicide**
 - 11.40 **World's Most Evil Killers** Triple bill.
 - 2.30 AM **Road Wars**
 - 4.30 to 6.00 AM **Motorway Patrol**

Quest

- 144 144 834 169 12 114 172**
- 6.00 AM (BST) **Combat Dealers** A German tank.
 - 7.00 **Chasing Classic Cars**
 - 8.00 **Vintage Voltage**
 - 9.00 **Salvage Hunters**
 - 10.00 **EFL on Quest**
 - 11.00 **Salvage Hunters: The Restorers**
 - 12.00 **NOON The Repair Shop**
 - 3.00 **PM Shed and Buried**
 - 6.00 **Full Metal Junkies**
 - 7.00 **Salvage Hunters: The Restorers**
 - 8.00 **Salvage Hunters**
 - 9.00 **The Repair Shop**
 - 10.00 **Outback Opal Hunters**
 - 11.00 **Hunting Atlantis**
 - 12.00 **M'T The Unexplained Files** Documentary.
 - 1.00 AM **Aliens In Alaska**
 - 2.00 **Jeremy Wade's Dark Waters**
 - 3.00 **Vintage Voltage**
 - 4.00 **Mighty Ships**
 - 5.00 to 6.00 AM **How It's Made**

Sky Nature

- 124 124 822 280 279 354 369**
- 6.00 AM (BST) **Great Lakes Wild** Six editions.
 - 9.00 **Bear: Koala Hero**
 - 10.00 **Waterworld Africa**
 - 1.00 **PM Undiscovered Vistas** Five editions.
 - 6.00 **Dehesa - Forest of the Iberian Lynx**
 - 7.00 **NEW SERIES Alien Abyss** The creatures that live in the ocean's darkest depths.
 - 8.00 **Pridelands: Wilderness Reborn**
 - 9.00 **David Attenborough's Conquest of the Skies**
 - 10.00 **Age of the Big Cats**
 - 11.00 **Dehesa - Forest of the Iberian Lynx**
 - 12.00 **M'T Alien Abyss**
 - 1.00 AM **David Attenborough's Conquest of the Skies**
 - 2.00 **Africa's Claws and Jaws**
 - 3.00 **Age of the Big Cats**
 - 4.00 **Great Lakes Wild**
 - 5.00 to 6.00 AM **The Wild Wild East**

CBS Reality

- 146 148 67 135**
- 8.00 AM (BST) **Key of David**
 - 8.30 **The Lord's Challenge**
 - 9.00 **Judge Judy**
 - 1.00 **PM Judge Judy**
 - 5.00 **Something's Killing Me** Double bill of edition.
 - 7.00 **48 Hours** GPS tracking leads police right to a hitman's door.
 - 8.00 A young woman claims she was attacked by an ex-boyfriend.
 - 9.00 **Cold Justice** Focusing on a murder case in Rosenberg, Texas.
 - 10.00 **Wives with Knives** An argument between a woman and her sugar daddy that did not end well for him.
 - 11.00 A woman who stabbed her husband.
 - 12.00 **M'T Wives with Knives**
 - 2.00 AM **Cold Justice**
 - 3.00 **Unsolved Mysteries**
 - 5.15 to 6.00 AM **Celebrity Damage Control**

Quest Red

- 149 170 40 169**
- 6.00 AM (BST) **Say Yes... UK**
 - 7.00 **Animal Cops** Detroit
 - 9.00 **My 600lb Life**
 - 1.00 **PM My Extreme Excess** Skin Extreme weight loss.
 - 2.00 **Say Yes to the Dress: Bridesmaids**
 - 6.00 **Dr Pimple Popper**
 - 7.00 **Who Do You Think You Are?** Actress Anne Reid.
 - 8.00 **Faking It: Tears of a Crime** The murder of April Barber.
 - 9.00 **Britain's Deadliest Kids** The murder of Sophie Lancaster.
 - 10.00 **Emergency**
 - 11.00 **Murder on CCTV**
 - 12.00 **M'T Forensic Detectives**
 - 1.00 AM **Murder on CCTV**
 - 2.00 **Murder Comes to Town**
 - 3.00 **FBI Files**
 - 3.50 **Animal Cops** Phoenix
 - 4.40 **Saving Britain's Wildlife**
 - 5.30 to 6.00 AM **Say Yes to the Dress**

Discovery

125 125 823 250 322 376

- 6.00 AM (BST) **Wheeler Dealers: Dream Car** Triple bill.
- 9.00 **Wheeler Dealers** Triple bill.
- 12.00 NOON **Gold Rush: Winter's Fortune** Five editions of the documentary series.
- 5.00 PM **Gold Rush The Dirt: The Hoffman Story** The cast and crew discuss the highs and lows of the gold mining season in Alaska.
- 6.00 **Building Off the Grid** A couple build a sustainable straw bale panel house in the Hudson Valley.



9.00 **Blowing Up History**

- 7.00 **Alaska: Homestead Rescue** *New edition* The Raney's rescue a single-father homesteader facing threats of rockslides and bears in a Montana box canyon, and Marty and Misty face an uphill battle.

- 9.00 **Blowing Up History** *New edition* Experts use advanced archaeological methods to delve into strange ancient mounds.

- 10.00 **Wheeler Dealers: Dream Car** Mike and Elvis try to trade their way to a dream Audi Q7 for engineer Aaron.

- 11.00 **Moonshiners** The efforts of illegal whiskey brewers.
- 12.00 M'T **Yukon Men** Triple bill.
- 3.00 AM **Wheeler Dealers: Dream Car** Car dealer Mike Brewer and mechanic Marc 'Elvis' Priestley trade up vehicles.
- 4.00 **Yukon Men** Double bill.
- 5.40 to 6.00 AM **How It's Made**

+1 hour 225 258

Disc. History

177 257

- 6.00 AM (BST) **Mysteries at the Museum** Triple bill.
- 9.00 **Combat Dealers**
- 12.00 NOON **Expedition Unknown** Triple bill.
- 3.00 PM **Combat Dealers: Reloaded** Double bill.
- 5.00 **Combat Dealers**
- 6.00 **World War II: Witness to War** How young pilots gave their all for the Allied cause.
- 7.00 **The German U-boat push into British waters.**
- 8.00 **The attack on Pearl Harbour.**
- 9.00 **BTK: A Killer Among Us Keep** Documentary.
- 11.00 **Crimes That Shook the World** Fred West.
- 12.00 M'T **Al Murray's Road to Berlin** Four editions.
- 2.00 AM **Combat Dealers: Reloaded** Triple bill.
- 5.00 to 6.00 AM **Combat Dealers**

+1 hour 277 261

Animal Planet

162 251 325 378

- 8.00 AM (BST) **Animal Airport**
- 9.00 **Animal Precinct**
- 10.00 **The Zoo**
- 11.00 **Treehouse Masters**
- 12.00 NOON **Tanked**
- 1.00 PM **Crikey! It's the Irwins**
- 2.00 **Crocodile Hunter**
- 3.00 **Born Mucky: Life on the Farm** Documentary.
- 4.00 **Scaled**
- 5.00 **Isle of Jaws: Blood Brothers**
- 6.00 **Predators Up Close with Joel Lambert** The spotted hyena in Zambia.



8.00 **Crikey! It's the Irwins**

- 7.00 **Alaska: Homestead Rescue** A family suffer from a cabin on the verge of collapse and predator threat to 100 chickens.

- 8.00 **Crikey! It's the Irwins** *New edition* Bindi welcomes the arrival of tiny poison dart frogs to their new home at the zoo.

- 9.00 **Crocodile Hunter** Exploring the secret world of the largest fish inhabiting the planet – the whale shark.

- 10.00 **Finding Bigfoot** The team returns to Oregon to investigate a record amount of Bigfoot tracks.

- 11.00 **Lost Beasts of the Ice Age** A journey to Siberia for the biggest ever Ice Age dig.
- 1.00 AM **I Was Prey** A lion pulls a woman's legs through the bars of its cage.
- 2.00 **How Do Animals Do That?**
- 3.00 **Crocodile Hunter** As 9pm.
- 4.00 to 5.00 AM **Finding Bigfoot**

+1 hour 262 259

Eden

166 245 247

- 9.00 AM (BST) **Africa**
- 11.00 **Africa's Fishing Leopards: Natural World** Documentary.
- 12.00 NOON **Africa's Giant Killers: Natural World**
- 1.00 PM **Frontier Borneo**
- 6.00 **Emerald Islands of Malaysia** Documentary.
- 7.00 **Frontier Borneo** Ten editions, including at:
 - 10.30 A storm threatens a climbing event on Mount Kinabalu.
 - 11.00 Researchers seek elusive wildlife during a treacherous hike in the Danum Valley.
 - 11.30 The children of the Bajau Laut attend their new school.
- 12.00 M'T **Emerald Islands of Malaysia** Documentary.
- 1.00 AM **Seasons of the Wild**
- 3.00 **Frontier Borneo**
- 5.30 to 6.00 AM **Collar of Duty**

+1 hour 266 246

Nat Geographic

129 129 825 266 268 351 366

- 8.00 AM (BST) **World War I Apocalypse** Five editions.
- 1.00 PM **Hitler's Disastrous Desert War** Documentary.
- 2.00 **Apocalypse: Hitler Takes On The East**
- 4.00 **Apocalypse: Hitler Takes on the West** 1/2. Nazi offensives on Western nations during World War Two.
- 5.00 2/2. France under German occupation.
- 6.00 **The Dinosaur Hunter** Federico Fanti attempts to define the specific qualities of dinosaurs.



8.00 **Dutch Caribbean...**

- 7.00 **Car S.O.S** Tim and Fuzz take on a neglected 1988 Fiat Uno Turbo belonging to a former car salesman.

- 8.00 **Dutch Caribbean Coastguards** *New edition* The Search and Rescue helicopter searches for a missing girl on Bonaire.

- 9.00 **To Catch a Smuggler** CBP Nogales uncover cocaine in the bumper of a car coming from Mexico.

- 10.00 **Trafficked with Mariana Van Zeller** Women starting to gain power in cocaine trafficking networks.

- 11.00 **Airport Security: Peru and Brazil** An arrested cocaine carrier tells a tragic story.
- 12.00 M'T **Newlyweds** are caught smuggling cocaine.
- 1.00 AM **Air Crash Investigation**
- 2.00 **Airport Security: Brazil**
- 3.00 to 5.00 AM **Air Crash Investigation**

+1 hour 229 267

WILD

165 165 841 264 265

- 8.00 AM (BST) **Alaska Fish Wars** Six editions.
- 2.00 PM **Unknown Waters with Jeremy Wade**
- 5.00 **Man Vs Shark**
- 6.00 **Human Shark Bait**
- 7.00 **Sharktraz** A dive into the shark-infested waters around Alcatraz.
- 8.00 **Shark Beach with Chris Hemsworth** In Byron Bay, New South Wales.
- 9.00 **Monsters of the Deep** The characteristics of cephalopods.
- 10.00 **The Sand Eating Shark** How lemon sharks have learned to catch sardines in the surf zone.
- 11.00 **Shark Beach with Chris Hemsworth**
- 12.00 M'T **World's Biggest Great White**
- 1.00 AM **Alaska Fish Wars**
- 2.00 **Deep Sea Killers: Into the Dark**
- 3.00 to 5.00 AM **Alaska Fish Wars**

+1 hour 223 271

Sky History 2

163 163 840 272

- 8.00 AM (BST) **Hitler's War**
- 11.00 **Hunting Nazi Treasure**
- 1.00 PM **Ancient Aliens**
- 6.00 **Digging for Britain**
- 7.00 **Human Torpedoes of WW2** Documentary.
- 8.00 **History's Greatest Aircraft** *New edition* The Boeing B29 Superfortress.
- 9.00 **Paranormal: Caught on Camera** A couple encounter a sea monster.
- 10.00 **Ghostly passengers** appear in a Hong Kong airport.
- 11.00 **How Sex Changed the World** Documentary.
- 12.00 M'T **Shootout**
- 1.00 AM **Britain's War of Thrones: The Hundred Years War**
- 2.00 **Shootout**
- 3.00 **Digging for Britain**
- 4.00 **Human Torpedoes of WW2** Documentary.
- 5.00 to 6.00 AM **History's Greatest Aircraft**

+1 hour 255 200 75

PBS America

174 273 84 155

- 8.00 AM (BST) **Beautiful Serengeti** Rivers.
- 8.35 **Truk Lagoon...**
- 9.35 **Hitler's Slaves: Forced Labour Under the Nazis**
- 1.00 PM **Plane Crash Recreated** Double bill.
- 3.25 **Hiroshima: The Real History** Documentary.
- 5.25 **Truk Lagoon: Remains of War**
- 6.35 **Spying on Hitler's Army: The Secret Recordings**
- 7.35 **Hitler's Slaves: Forced Labour Under the Nazis** The story of Hitler's army of slave labourers.
- 8.45 **How the system of Nazi forced labour became radical.**
- 9.55 **The escalation of the forced labour system.**
- 11.00 **Plane Crash Recreated**
- 1.15 AM **Hiroshima: The Real History**
- 3.05 to 4.00 AM **Truk Lagoon: Remains...**

+1 hour 223 271

Sky History

123 123 821 270 353 368

- 6.00 AM (BST) **Counting Cars**
- 7.00 **Storage Wars** Four editions.
- 9.00 **History's Greatest Mysteries**
- 11.00 **Pawn Stars** Double bill.
- 1.00 PM **How the Nazis Lost the War** Double bill.
- 3.00 **The Lost Pyramid** Evidence of a fourth pyramid at Giza.
- 5.00 **Curse of the Lost Amazon Gold** Investigators hunt for a city of gold and those who vanished trying to find it.
- 6.00 **The Curse of Oak Island** The team's most strategic drilling project yet.



6.00 **The Curse of Oak Island**

- 7.00 **The Strongest Man in History** Super-heavyweights Robert and Brian aim for a Highland Games record.

- 8.00 **The Strongest Man in History** The guys attempt the American Revolution's shows of strength.

- 9.00 **Forged in Fire: Knife or Death** The bladesmiths slash through their toughest challenges yet.

- 10.00 **Forged in Fire: Knife or Death** More contestants try to carve out a place in the final.

- 11.00 **Great Escapes with Morgan Freeman** How an RAF squadron leader masterminded one of the most unbelievable mass escapes from a German prisoner-of-war camp.
- 12.00 M'T **Pawn Stars**
- 5.00 to 6.00 AM **The Strongest Man in History**

+1 hour 255 200 75

CI

156 156 834 209

- 6.00 AM (BST) **Meet, Marry, Murder** Five editions.
- 11.00 **Homicide: Hours to Kill**
- 1.00 PM **Green Eyed Killers**
- 5.00 **Cruise Ship Killers** Dream vacations that turned into nightmares.
- 6.00 **A honeymoon cruise descends into chaos as a bride is allegedly blown off board.**
- 7.00 **A husband and wife take a cruise to celebrate their good luck in business.**
- 8.00 **The Real Murders of Orange County**
- 9.00 **Green Eyed Killers** *New edition* Strands of hair hold the key to solving a murder mystery.
- 10.00 **Secrets of Playboy**
- 12.00 M'T **Sex, Lies and Murder** Documentary.
- 1.00 AM **Fear Thy Neighbour**
- 4.00 to 6.00 AM **Meet, Marry, Murder**

+1 hour 255 200 75

Yesterday

155 129 27 159

- 6.00 AM (BST) **Impossible Railways**
- 8.00 **Narrow Escapes of World War Two** Four editions.
- 12.00 NOON **Inside Central Station**
- 1.00 PM **Inside Glasgow Central Station** Triple bill of editions.
- 4.00 **Bangers and Cash** A man reluctantly sends his dream car to auction.
- 5.00 **A widow parts with her husband's collection of Rolls-Royces and Bentleys.**
- 6.00 **The team struggle to explain how a DAF 33 gearbox works.**



1.00 **Inside Glasgow Central...**

- 7.00 **Bangers and Cash** Derek struggles to get his message across on a rare trip abroad to pick up a Bentley.

- 8.00 **Open All Hours** Granville decides a fashion makeover is needed.
- 8.40 **Nurse Gladys Emmanuel** decides that Arkwright needs a lesson in politeness.
- 9.20 **Arkwright** hatches a plan to get into Nurse Gladys's bedroom.

- 10.00 **Bangers and Cash** A classic car fan with a love of the Jaguar E-Type reluctantly sends his dream car to auction.

- 11.00 **Bangers and Cash** A collection of Austin Mini Metros arrive for auction.
- 12.00 M'T **Secrets of the Transport Museum** A bus-obsessed DJ gets the ultimate driving lesson in a double decker.
- 1.00 to 3.00 AM **Impossible Railways**

+1 hour 225 258

SUNDAY **Films**

Sunday

8 PM

9 PM

10 PM

11 PM

primetime

Sky Cinema **Premiere**

301 301 848 401 501 515

- 6.00 AM (BST) Sky Cinema Preview
- 6.45 **Pil's Adventures** Animation. (2021, U, 89min) ★★
- 8.25 **The Oglies** Animation. (2021, PG, 85min) ★★★
- 10.05 **Blacklight** As 6.15pm.
- 11.55 **PREMIERE People Just Do Nothing: Big in Japan** As 8pm.
- 1.45 PM **Fast & Furious 9** (2021)
- 4.15 **Reminiscence** Sci-fi romance. (2021, 12, 116min) ★★★
- 6.15 **Blacklight** Action thriller. (2022, 15, 104min) ★



8.00 **Premiere People Just Do Nothing**

8.00 **PREMIERE People Just Do Nothing: Big in Japan** Comedy starring Allan Mustafa. The boys from Kuruft FM head to Japan in search of fame and fortune. (2021, 15, 97min) ★★★★★ See review, pg 23. SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Fast & Furious 9** Action sequel starring Vin Diesel, Jordana Brewster, John Cena and Michelle Rodriguez. The crew must take on an international terrorist, who turns out to be Dom and Mia's estranged brother. (2021, 12, 143min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Reminiscence** As 4.15pm.
2.15 **Don't Breathe 2** Horror sequel starring Stephen Lang. (2021, 15, 98min) ★★★
4.05 to 6.00 AM **PREMIERE People Just Do Nothing: Big in Japan** As 8pm.

+1 hour 312

Sky Cinema **Greats**

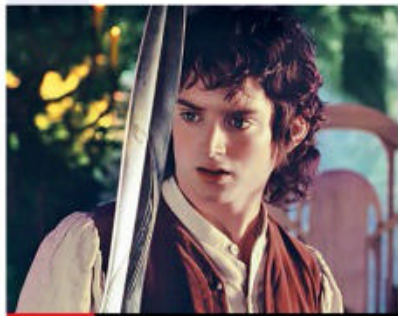
304 304 849 404 504 518

- 6.00 AM (BST) **Lawrence of Arabia** Biopic. (1962, PG) ★★★★★
- 9.35 **Rise of the Planet of the Apes**
- 11.25 **Groundhog Day** Comedy. (1993, PG, 103min) ★★★★★
- 1.10 PM **Indiana Jones and the Temple of Doom** Adventure. (1984, PG, 118min) ★★★
- 3.10 **Titanic** As shown at 12.15am.
- 6.25 **The Amazing Mr Blunden** Ghost story. (1972, U, 95min) ★★★★★
- 8.05 **Indiana Jones and the Last Crusade** Steven Spielberg's adventure starring Harrison Ford and Sean Connery. Indiana Jones and his father tangle with Nazis searching for the Holy Grail. (1989, PG, 127min) ★★★★★
- 10.15 **Rise of the Planet of the Apes** Sci-fi thriller with James Franco and Andy Serkis. A laboratory ape born with super-intelligence grows up determined to release his fellow apes from bondage. (2011, 12, 104min) ★★★★★
- 12.15 AM **Titanic** Epic drama with Kate Winslet and Leonardo DiCaprio. (1997, 12, 195min) ★★★
- 3.40 **Bad Santa** Black comedy starring Billy Bob Thornton. (2003, 15, 91min) ★★★★★
- 5.30 to 6.00 AM Sky Cinema Preview

Sky Cinema **Hits**

303 303 857 403 503 517

- 6.00 AM (BST) **To Olivia** (2021)
- 7.55 **Mortal Kombat Fantasy**. (2021, 15, 110min) ★★
- 10.00 **Paddington 2** Comedy sequel. (2017, PG, 104min) ★★★★★
- 12.00 NOON **The Colour Room** Drama. (2021, PG) ★★★★★
- 2.00 PM **The Lord of the Rings: The Fellowship of the Ring** Fantasy. (2001, PG) ★★★★★
- 5.00 **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★



2.00 **The Lord of the Rings**

8.00 **The Lord of the Rings: The Return of the King** Epic adventure concluding Peter Jackson's trilogy based on JRR Tolkien's mythical saga. As the forces of good and evil contend in a battle before the citadel of Minas Tirith, Frodo Baggins nears the end of his perilous quest to destroy the magic ring of power. Stars Elijah Wood, Ian McKellen and Viggo Mortensen. (2003, 12, 201min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Gunpowder Milkshake** Action thriller starring Karen Gillan and Lena Headey. (2021, 15, 114min) ★★★

2.30 AM **Almost Famous** Cameron Crowe's semi-autobiographical rock 'n' roll drama starring Patrick Fugit and Billy Crudup. (2000, 15, 126min) ★★★★★

4.20 to 6.15 AM **To Olivia** Drama with Hugh Bonneville, Keeley Hawes and Geoffrey Palmer. (2021, PG, 90min) ★★★★★

Sky Cinema **Animation**

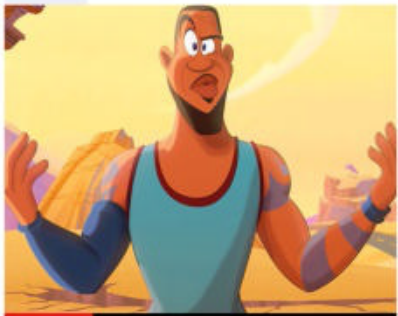
305 305 412 500 514

- 6.00 AM (BST) **Astro Kid** As 5pm.
- 7.35 **Sinbad: Legend of the Seven Seas** As shown at 3.30pm.
- 9.05 **Curious George** As 8.10pm.
- 10.40 **Curious George 2: Follow That Monkey!** As 9.55pm.
- 12.10 PM **The Croods** Animation. (2013, U, 98min) ★★★★★
- 1.50 **The Croods 2: A New Age** Animated comedy sequel. (2020, U, 95min) ★★★★★
- 3.30 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★★
- 5.00 **Astro Kid** Animated adventure. (2019, PG, 89min) ★★★
- 6.35 **The Road to El Dorado** Animated comedy adventure. (2000, U, 89min) ★★
- 8.10 **Curious George** Animation with the voice of Will Ferrell. (2006, U, 87min) ★★★★★
- 9.55 **Curious George 2: Follow That Monkey!** Animated sequel. (2009, U, 77min) ★★
- 11.30 **The Swan Princess** Animation. (1994, U, 89min) ★★
- 2.15 AM **The Swan Princess: Secret of the Castle** (1997, U) ★★
- 2.45 **Henchmen** Animated adventure. (2018, PG, 89min) ★★
- 4.25 to 6.00 AM **Samsam** Animation. (2019, U, 77min) ★★

Sky Cinema **Family**

306 306 850 406 506 520

- 6.00 (BST) AM **Nancy Drew and...**
- 7.45 **Charlie and the Chocolate Factory** (2005, PG) ★★★★★
- 9.55 **Space Jam: A New Legacy**
- 12.00 NOON **Little Manhattan**
- 1.40 PM **The Tiger Rising** Drama. (2022, PG, 102min) ★★
- 3.20 **Peter Rabbit 2** Animated sequel. (2020, U, 93min) ★★
- 5.00 **Are We Done Yet?** Comedy sequel. (2007, PG, 91min) ★★
- 6.35 **Space Jam: A New Legacy** Adventure. (2021, U) ★★



6.35 **Space Jam: A New Legacy**

8.35 **Annie** Musical remake starring Quvenzhané Wallis and Jamie Foxx. An orphan goes to live with a wealthy businessman running for mayor, and inspires him to change his cynical ways. With Rose Byrne and Cameron Diaz. (2014, PG, 115min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Little Manhattan** Romantic comedy starring Josh Hutcherson and Charlie Ray. (2005, PG, 86min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Nancy Drew and the Hidden Staircase** Drama. (2019, PG, 89min) ★★★

2.15 **Magical Adventures in the Forbidden City** Fantasy. (2019, 12, 110min) ★★

4.20 to 6.10 AM **FairyTale: A True Story** Fantasy. (1997, U) ★★★

TCM Movies

315 415 416

- 6.00 AM (BST) **Hollywood's Best Film Directors** Double bill.
- 7.10 **The Barretts of Wimpole Street** Drama. (1957, U) ★★
- 9.25 **The Fastest Gun Alive** Western. (1956, b/w, U, 85min) ★★
- 11.20 **Mystery Submarine** Adventure. (1950, U, 78min) ★★
- 1.00 PM **Code Name: Emerald** Thriller. (1985, PG, 93min) ★★
- 3.00 **Ghost Town** (1956, b/w, U) ★★
- 4.40 **Firecreek** Western with James Stewart and Henry Fonda. (1968, 12, 104min) ★★
- 6.50 **The Mississippi Gambler** Drama starring Tyrone Power. (1953, PG, 99min) ★★
- 9.00 **Fire Down Below** Thriller with Steven Seagal. A federal agent goes undercover to investigate illegal toxic waste dumping in Kentucky. (1997, 18, 101min) ★
- 11.10 **Pale Rider** Western directed by and starring Clint Eastwood. (1985, 15, 115min) ★★
- 1.30 AM **Dial M for Murder** Hitchcock suspense thriller. (1954, PG, 101min) ★★★★★
- 3.30 **Close Up** Triple bill.
- 5.00 to 6.00 AM **Hollywood's Best Film Directors**

+1 hour 316 417

Sky Cinema **Action**

307 307 851 407 507 521

- 6.00 AM (BST) **Batman & Robin**
- 8.10 **xXx** Espionage action thriller. (2002, 12, 124min) ★★
- 10.15 **xXx: State of the Union** Action sequel. (2005, 12) ★★
- 12.00 NOON **Mission: Impossible II**
- 2.05 PM **Mad Max: Fury Road** Thriller. (2015, 15) ★★★★★
- 4.10 **Around the World in 80 Days** Comedy adventure. (2004, PG, 120min) ★★★
- 6.15 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★★



8.00 **Saving Private Ryan**

8.00 **Saving Private Ryan** Steven Spielberg's World War Two drama starring Tom Hanks, Tom Sizemore and Edward Burns. A small team of US soldiers are sent to find and rescue a young private whose three brothers have been killed in action. (1998, 15, 169min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Speed** Action thriller starring Keanu Reeves, Dennis Hopper and Sandra Bullock. (1994, 15, 105min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Batman & Robin** Fantasy starring George Clooney. (1997, PG, 125min) ★★

3.00 **Mission: Impossible II** Thriller sequel starring Tom Cruise. (2000, 15, 124min) ★★★★★

5.05 to 6.00 AM Sky Cinema Preview

Talking Pictures

328 445 82 306

- 6.00 AM (BST) **False Colors** Western. (1943, b/w, U, 64min) ★★
- 7.15 **Two on the Tiles** Comedy. (1951, b/w, PG, 68min) ★★
- 8.45 **Freckles** Western. (1960, U) ★★
- 10.25 **Torquay in 1933**
- 10.40 **The Fabulous Dorseys** Musical. (1947, b/w, U, 91min) ★★
- 12.25 PM **Sailing Along** Musical. (1938, b/w, U, 86min) ★★
- 2.15 **Breaking the Codes**
- 2.45 **The One That Got Away** Fact-based drama starring Hardy Kruger and Colin Gordon. (1957, b/w, U, 110min) ★★
- 5.00 **The Footage Detectives**
- 6.00 **The Saint 2/12**. (S1)
- 7.00 **The Card** Period comedy drama starring Alec Guinness. (1952, b/w, U, 91min) ★★
- 8.50 **Look at Life** Documentary.
- 9.00 **Secret Army 11/13**. (S2)
- 10.05 **Forbidden Cargo** Crime thriller starring Nigel Patrick. (1954, b/w, PG, 85min) ★★
- 11.50 **The Heritage Chart Show with Mike Read** Classic songs.
- 12.55 AM **Man in the Middle** Drama. (1964, b/w, U, 94min) ★★
- 2.45 **Easy Money** Comedy drama. (1947, PG, 94min) ★★
- 4.35 to 6.00 AM **Nabonga** Adventure. (1944, b/w, PG, 71min) ★★

Sky Cinema **Comedy**

308 308 852 408 508 522

- 6.30 AM (BST) **Superintelligence**
- 8.20 **Grown Ups** Comedy. (2010, 12, 102min) ★★
- 10.05 **Grown Ups 2** Comedy sequel. (2013, 12, 99min) ★
- 11.50 **Liar Liar** As 7.30pm.
- 1.20 PM **Meet the Fockers** As 9pm.
- 3.20 **Chef** As shown at 11pm.
- 5.20 **Bridesmaids** Comedy. (2011, 15, 124min) ★★★★★
- 7.30 **Liar Liar** Comedy starring Jim Carrey and Maura Tierney. (1997, 12, 86min) ★★★★★



7.30 **Liar Liar**

Liar Liar (film started at 7.30pm) SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Meet the Fockers** Comedy sequel starring Robert De Niro and Ben Stiller. A hapless male nurse faces a weekend of embarrassment when he visits Florida to introduce his prospective in-laws to his laid-back parents. (2004, 12, 115min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Chef** Comedy directed by and starring Jon Favreau. (2014, 15, 114min) ★★★★★

2.00 AM **The Outside Story** Drama starring Brian Tyree Henry. (2020, 15, 85min) ★★★★★

2.40 **Poster Boy** Comedy drama starring Trevor O'Connell. (2020, 12, 87min) ★★

4.20 to 6.20 AM **Superintelligence** Sci-fi comedy with Melissa McCarthy. (2020, 12, 106min) ★★

Horror

317 149 69 138

- 8.00 AM (BST) **Moby Dick** Monster movie. (2010, 12, 87min) ★★
- 10.00 **Star Trek (S2&3)**
- 3.00 PM **Jetstream** Disaster movie. (2012, 12, 88min) ★★
- 4.45 **Solar Attack** Disaster movie starring Mark Dacascos. (2005, PG, 90min) ★★
- 6.35 **2012: Ice Age** Disaster movie starring Patrick Labyorteaux. (2011, 12, 87min) ★
- 8.30 **Tales from the Darkside** Mookie and Pookie: A dying twin downloads his mind into a computer and his twin sister must stop their parents pulling the plug. Stars Tippi Hedren.
- 9.00 **Odd Thomas** Supernatural thriller based on Dean Koontz's novel, starring Anton Yelchin and Willem Dafoe. A psychic cook becomes convinced a disaster is imminent and tries to stop a stranger from causing it. (2013, 15, 97min) ★★
- 10.55 **Abattoir** Horror starring Joe Anderson. (2016, 18, 99min) ★★
- 12.50 AM **The Void** Thriller with Aaron Poole. (2016, 18, 90min) ★★
- 2.40 to 4.30 AM **Howl** Horror thriller. (2015, 18, 89min) ★★

+1 hour 318 202 139

Sky Cinema **Thriller**

- 309 309 853 409 509 523
- 6.00 AM (BST) **Mission: Impossible** Thriller. (1996, PG) ★★★
 - 8.00 **The Little Things** Drama. (2021, 15, 128min) ★★★★★
 - 10.10 **The Whole Truth** (2015) ★★★★★
 - 11.50 **Collide** As shown at 2.50am.
 - 1.30 PM **John Wick** (2014) ★★★★★
 - 3.15 **The Sum of All Fears** Thriller. (2002, 12, 119min) ★★★★★
 - 5.20 **The Birthday Cake** Crime thriller. (2021, 15, 93min) ★★
 - 6.55 **Vantage Point** Action thriller. (2008, 12, 90min) ★★★



5.20 **The Birthday Cake**

- 8.30 **Transporter 2** Thriller sequel starring Jason Statham. A highly-skilled professional driver sets out to rescue the kidnapped son of a politician from a vicious drug dealer. (2005, 15, 88min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 **Legend** Biopic of the Kray brothers, exploring their rise to power from the point of view of Reggie's wife Frances. Stars Tom Hardy as both twins, with Emily Browning. (2015, 18, 128min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.15 AM **Before I Go to Sleep** Thriller with Nicole Kidman. (2014, 15, 90min) ★★★
- 2.50 **Collide** Thriller with Nicholas Hoult. (2016, 12, 99min) ★★★
- 3.30 **Masquerade** Horror thriller. (2021, 18, 80min) ★★
- 4.55 to 6.15 AM **Kill Ben Lyk** Thriller. (2018, 15, 77min) ★★

GREAT! movies classic

- 319 424 52 303
- 6.00 AM (BST) **Port Afrique** Murder mystery. (1956, PG, 91min) ★★
 - 7.50 **The Swimmer** Offbeat drama. (1967, PG, 94min) ★★★★★
 - 9.40 **The Detective** Comedy thriller. (1954, b/w, U, 90min) ★★★★★
 - 11.25 **Scarlet Street** Film noir thriller. (1945, b/w, PG, 101min) ★★★★★
 - 1.35 PM **Robin and Marian** Elegiac drama starring Sean Connery. (1976, PG, 106min) ★★★★★
 - 3.45 **The Inn of the Sixth Happiness** Biopic starring Ingrid Bergman. (1958, PG, 151min) ★★★★★
 - 7.05 **Buster** Comedy drama starring Phil Collins and Julie Walters. (1988, 15, 102min) ★★
 - 9.00 **Callan** Thriller starring Edward Woodward. A former secret agent is recalled to kill a German businessman responsible for a series of bombings. With Eric Porter. (1974, 15, 106min) ★★★★★
 - 11.10 **Bugsy** Biopic starring Warren Beatty. (1991, 15, 136min) ★★★★★
 - 2.50 AM **Kentucky Rifle** Western. (1956, U, 84min) ★★
 - 3.25 **The Traitors** Espionage drama. (1962, b/w, PG, 70min) ★★★★★
 - 4.35 to 6.00 AM **Candlelight in Algeria** (1943, b/w, PG) ★★★★★

+1 hour 320 303 63 304

Sky Cinema **Drama**

- 310 310 854 410 510 524
- 6.00 AM (BST) **The Secret Garden**
 - 7.55 **I Used to Go Here** (2020)
 - 9.40 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★★
 - 11.45 **Apollo 13** Gripping drama. (1995, PG, 140min) ★★★★★
 - 2.10 PM **Side Effects** Thriller. (2013, 15, 106min) ★★★★★
 - 4.10 **Dream Horse** Comedy drama. (2020, PG, 113min) ★★★★★
 - 6.10 **Six Minutes to Midnight** Thriller starring Judi Dench. (2020, 12, 99min) ★★★★★



10.00 **Enemy at the Gates**

- 8.00 **Save the Cinema** Drama telling the true story of Liz Evans from Carmarthen, south-west Wales, who started a campaign in the 1990s to save the town's Lyric Cinema. Stars Samantha Morton and Tom Felton. (2021, 12, 109min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 **Enemy at the Gates** World War Two drama starring Jude Law. During the Battle of Stalingrad, the Russian army search for a hero to inspire their army in their struggle against the Germans. (2001, 15, 131min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.15 AM **Judas and the Black Messiah** Biographical drama. (2021, 15, 126min) ★★★★★
- 2.30 **I Used to Go Here** Comedy drama. (2020, 15) ★★★★★
- 4.10 to 6.00 AM **The Secret Garden** Family drama. (2020, PG, 99min) ★★★★★

GREAT! movies

- 321 425 34 302
- 9.10 AM (BST) **Garage Sale Mystery: The Mask Murder** (2018) ★★
 - 11.10 **Garage Sale Mystery: Pandora's Box** (2018, PG) ★★
 - 1.10 PM **Garage Sale Mystery: Picture a Murder** Crime drama. (2018, PG, 90min) ★★
 - 3.10 **Bewitched** Romantic comedy fantasy. (2005, PG, 102min) ★★
 - 5.15 **Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
 - 7.00 **Here Comes the Boom** Sports comedy starring Kevin James and Salma Hayek. A jaded high-school biology teacher becomes a cage fighter in a bid to raise the money to save his school's music programme. (2012, 12, 103min) ★★★★★
 - 9.00 **Kill Bill: Vol 2** The concluding half of Quentin Tarantino's epic action thriller starring Uma Thurman, David Carradine, Daryl Hannah and Michael Madsen. (2004, 18, 136min) ★★★★★
 - 11.40 **Get Carter** Thriller remake. (2000, 15, 102min) ★★★★★
 - 2.55 AM **Butterfly on a Wheel** Thriller. (2007, 15, 95min) ★
 - 3.50 to 6.00 AM **Upside Down** Fantasy. (2012, 12, 115min) ★★

+1 hour 322 61

Sky Cinema **Sci-Fi/Horror**

- 311 311 858 411 511 525
- 6.00 AM (BST) **Close Encounters of the Third Kind: Collector's...**
 - 8.20 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★★★
 - 10.20 **Transformers** (2007) ★★★★★
 - 12.45 PM **Escape Room: Tournament of Champions** Horror. (2021, 15, 88min) ★★★★★
 - 2.30 **Captive State** As 3.05am.
 - 4.30 **The Forever Purge** Horror. (2021, 15, 103min) ★★★★★
 - 6.30 **Minority Report** Sci-fi thriller. (2002, 12, 145min) ★★★★★



6.30 **Minority Report**

- Minority Report** (film started at 6.30pm) SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **Total Recall** Sci-fi action thriller starring Arnold Schwarzenegger, Rachel Ticotin and Sharon Stone. A construction worker discovers that he is really an intergalactic spy. (1990, 15, 109min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.00 **Close Encounters of the Third Kind: Collector's Edition** Steven Spielberg's sci-fi classic starring Richard Dreyfuss. (1977, PG, 131min) ★★★★★
- 2.20 AM **Final Destination** Horror thriller starring Devon Sawa. (2000, 15, 97min) ★★★★★
- 3.05 **Captive State** Sci-fi thriller starring John Goodman. (2019, 15, 109min) ★★★★★
- 5.00 to 6.00 AM **Sky Cinema Preview**

GREAT! movies action

- 323 426 42 305
- 6.00 AM (BST) **Snipers**
 - 7.00 **Last of the Comanches** Western. (1953, PG) ★★
 - 8.40 **Domino Kid** Western. (1957, b/w, U, 74min) ★★
 - 10.15 **Two Rode Together** Western. (1961, PG, 109min) ★★★★★
 - 12.30 PM **The Last Posse** Western. (1953, b/w, U, 73min) ★★
 - 2.05 **The Pathfinder** Western. (1953, U, 78min) ★★
 - 3.45 **The Lone Gun** Western. (1954, U, 78min) ★★
 - 5.25 **The Stranger Wore a Gun** Western starring Randolph Scott. (1953, U, 83min) ★★
 - 7.10 **Santa Fe** Western with Randolph Scott. (1951, U, 87min) ★★
 - 9.00 **Five Card Stud** Western whodunit starring Dean Martin and Robert Mitchum. After a card-sharp is strung up for cheating, his fellow poker players are murdered one by one. (1968, PG, 100min) ★★★★★
 - 11.10 **Nowhere to Run** Romantic thriller. (1993, 15, 95min) ★★
 - 2.00 AM **Get Out Alive** Thriller. (2016, PG, 87min) ★★
 - 2.50 to 4.00 AM **The Traitors** Spy drama. (1962, b/w, PG) ★★★★★

+1 hour 324

Sky Cinema **Oscars**

- 302 302 856 402 502 516
- 6.00 AM (BST) **James and the Giant Peach** (1996, U) ★★★★★
 - 7.35 **The Godfather** Gangster drama. (1971, 15) ★★★★★
 - 10.30 **The Godfather Part II** Gangster drama sequel. (1974, 18, 200min) ★★★★★
 - 1.50 PM **The Godfather Part III** Gangster drama sequel. (1990, 15, 162min) ★★★★★
 - 4.50 **Men in Black** (1997) ★★★★★
 - 6.40 **Hell or High Water** Drama. (2016, 15, 102min) ★★★★★



8.30 **A.I. Artificial Intelligence**

- 8.30 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy starring Haley Joel Osment as a robot child who goes on a quest to become a real boy and win his human mother's love. With Frances O'Connor, Jude Law and William Hurt. (2001, 12, 145min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.00 **LIVE Oscars Live Party** All the build-up to the 94th Academy Awards ceremony.
- 2.00 AM **LIVE The 94th Academy Awards** Coverage of the prestigious annual event from the Dolby Theatre in Hollywood, Los Angeles.
- 4.15 to 6.00 AM **Coraline** Animated children's fantasy featuring the voices of Dakota Fanning and Teri Hatcher. (2009, PG, 96min) ★★★★★

Movies 24

- 325 419
- 7.00 AM (BST) **A Cheerful Christmas** As shown at 7pm.
 - 9.00 **Chronicle Mysteries** As 9pm.
 - 11.00 **BFF Bride** As shown at 11pm.
 - 1.00 PM **Love to the Rescue** As 1am.
 - 3.00 **PREMIERE The Sweetest Heart** Romantic drama. (2018, PG, 82min) ★★
 - 5.00 **The Gourmet Detective: Roux the Day** Crime drama. (2020, PG, 83min) ★★
 - 7.00 **A Cheerful Christmas** Romantic comedy starring Erica Deutschman and Chad Connell. A woman becomes a Christmas coach for an English royal who hates Christmas, and sparks fly when she helps him discover his festive spirit. With Tianna Nori. (2019, U, 87min) ★★
 - 9.00 **Chronicle Mysteries** Helped to Death: Podcast host Alex sets out to unravel a mystery alongside newspaper editor Drew. Stars Alison Sweeney.
 - 11.00 **BFF Bride** Romantic drama. (2019, PG, 77min) ★★
 - 1.00 AM **Love to the Rescue** Drama. (2019, PG, 84min) ★★
 - 3.00 to 5.00 AM **The Gourmet Detective: Roux the Day**

+1 hour 326 420

Film4

- 313 313 855 428 429 14 300
- Films start at 11.00am
 - 11.00 AM (BST) **The Thirty Nine Steps** (1978, PG) ★★★★★
 - 1.10 PM **Two by Two** Animation. (2015, U, 85min) ★★
 - 2.55 **Shrek Forever After** Animation. (2010, U) ★★★★★
 - 4.45 **Star Trek III - The Search for Spock** Sci-fi adventure. (1984, PG, 105min) ★★
 - 6.50 **Central Intelligence** Action comedy with Dwayne Johnson. (2016, 12, 107min) ★★★★★



2.55 **Shrek Forever After**

- Central Intelligence** (film started at 6.50pm) SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **Kingsman: The Secret Service** Action comedy based on a comic book, starring Colin Firth and Taron Egerton. A streetwise teenager is given the opportunity to work with a super-secret spy organisation. (2015, 15, 128min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.40 **Mean Machine** Sports drama starring Vinnie Jones as a football player who is sent to prison after being convicted of assault and ends up coaching the prisoners' football team. (2001, 15, 99min) ★★
- 1.45 to 3.55 AM **In Between** Israeli-French drama starring Mouna Hava. Subtitled. (2016, 15, 103min) ★★★★★

+1 hour 314 430 47 301

FILMS ON OTHER CHANNELS

- 6pm TILL LATE
- Boiling Point** Netflix ★★★★★
 - 6.15 PM **Man of Steel** ITV2 ★★
 - 6.50 **Two Mules for Sister Sara** 5Action Comedy Western. ★★★★★
 - 7.00 **Megalodon Rising** Syfy ★★
 - 8.00 **The Greatest Showman** E4 Musical drama. ★★★★★
 - 8.25 **Max Richter's Sleep** BBC4 Documentary. ★★★★★
 - 9.00 **Cliffhanger** ITV4 ★★★★★
 - 9.00 **Beverly Hills Cop 3** 5STAR ★★
 - 9.00 **Meet the Fockers** Comedy Central Comedy sequel. ★★
 - 9.00 **On Deadly Ground** 5Action ★
 - 10.00 **Molly's Game** BBC2 (Not NI/ Wales 10.30pm) Drama. ★★★★★
 - 10.00 **Bad Neighbours 2** E4 ★★
 - 10.00 **American Rapstar** BBC3 Documentary. ★★★★★
 - 11.00 **Crimson Tide** 5SELECT ★★★★★
 - 11.05 **La La Land** BBC1 ★★★★★
 - 11.05 **Invasion USA** 5Action ★
 - 11.10 **Airplane II - The Sequel** 5STAR Comedy sequel. ★★
 - 11.15 **Scarface** ITV4 ★★★★★
 - 2.00 AM **Armed Response** Syfy ★
 - 4.00 **The Final Level: Escaping Rancala** Syfy Fantasy. ★
 - 4.30 **The Cold Blue** Sky Documentaries ★★★★★

Sky Sports Main Event

- 401 401 859 511 501 420 440
- 6.00 AM (BST) **LIVE ICC Women's World Cup India v South Africa.** The concluding group stage match at Hagley Oval in Christchurch, New Zealand.
 - 10.00 **Sky Sports News**
 - 11.30 **LIVE WSL Manchester United v Everton.** Coverage of the Women's Super League match at Old Trafford. Kick-off 12.30pm.
 - 2.45 PM **LIVE WSL Leicester City v Chelsea.** The Women's Super League match at King Power Stadium. Kick-off 3.00pm.
 - 5.00 **LIVE Formula 1** The team present from the starting grid.
 - 5.55 **LIVE Formula 1** Coverage of the Saudi Arabian Grand Prix from Jeddah Corniche Circuit. Start-time is at 6.00pm.
 - 8.00 **LIVE Formula 1** Reaction from the Saudi Arabian Grand Prix.
 - 9.00 **LIVE World Golf Championships** Coverage of the fifth day's play of the WGC-Dell Technologies Match Play in Texas.
 - 12.00 M'T **LIVE LPGA Tour Golf** Day four of the JTBC Classic at the Aviara Golf Club in California.
 - 2.00 to 6.00 AM **Sky Sports News**

Sky Sports Premier League

- 402 402 860 512 502 421 441
- 6.00 AM (BST) **PL Greatest Games**
 - 7.00 **Premier League Years**
 - 11.00 **Premier League 100 Club** A look at Jimmy Floyd Hasselbaink's best top-flight goals.
 - 11.30 **LIVE WSL Manchester United v Everton.** Coverage of the Women's Super League match at Old Trafford. Kick-off 12.30pm.
 - 2.45 PM **LIVE WSL Leicester City v Chelsea.** The Women's Super League match from King Power Stadium. Kick-off 3.00pm.
 - 6.00 **LIVE ePremier League Finals** Coverage of the grand finals of the ePremier League.
 - 9.00 **WSL Manchester United v Everton.**
 - 9.30 **WSL Leicester City v Chelsea.**
 - 10.00 **PL Best Goals 14/15** Great strikes from the 2014/15 season.
 - 11.00 **PL Retro Manchester United v Everton** from 2012.
 - 1.00 **AM Premier League Years** The 2018/19 season.
 - 3.00 **PL Greatest Games**
 - 4.00 **PL Best Goals 14/15**
 - 5.00 **Best PL Goals: Liverpool v Man Utd**
 - 5.30 to 6.00 AM **Premier League 100 Club**

Sky Sports Football

- 403 403 861 513 503 422 442
- 6.00 AM (BST) **EFL Goals**
 - 6.30 **EFL Rivalries**
 - 8.00 **EFL Goals: Leagues 1 & 2**
 - 8.30 **International U21 Football**
 - 9.00 **World Cup Qualifiers Review**
 - 10.00 **World Cup Qualifier Highlights**
 - 10.30 **International U21 Football**
 - 11.00 **International Football**
 - 11.30 **LIVE WSL Manchester United v Everton.** Coverage of the Women's Super League match at Old Trafford. Kick-off 12.30pm.
 - 2.45 PM **LIVE WSL Leicester City v Chelsea.** The Women's Super League match at King Power Stadium. Kick-off 3.00pm.
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 - 7.00 **World Cup Qualifier Highlights**
 - 7.30 **International U21 Football**
 - 8.00 **International Football**
 - 8.30 **World Cup Qualifiers Review**
 - 9.30 **World Cup Qualifier Highlights**
 - 10.00 **International Football**
 - 10.30 **International U21 Football**
 - 11.00 **World Cup Qualifiers Review**
 - 12.00 M'T **EFL Play-Off Final**
 - 1.00 **AM EFL Play Off Finals**
 - 2.00 **EFL Cup Final 08**
 - 4.45 **One2Eleven**
 - 5.00 to 6.00 AM **World Cup Qualifiers Review Show**

Sky Sports World Cup

- 404 404 862 514 504 423 443
- 6.00 AM (BST) **LIVE ICC Women's World Cup India v South Africa.** The concluding group stage match at Hagley Oval in Christchurch, New Zealand.
 - 10.05 **Women's World T20 Classics**
 - 10.50 **LIVE Indian Premier League Delhi Capitals v Mumbai Indians.** The T20 match from Brabourne Stadium, Mumbai.
 - 2.50 PM **LIVE Indian Premier League Punjab Kings v Royal Challengers Bangalore.** Coverage of the T20 match at DY Patil Stadium, Navi Mumbai.
 - 7.00 **ICC Women's World Cup** Action from of England v Bangladesh.
 - 10.00 **IPL** All the action from Delhi Capitals v Mumbai Indians.
 - 11.00 **IPL Highlights** of Punjab Kings v Royal Challengers Bangalore.
 - 12.00 M'T **ICC Women's World Cup**
 - 2.00 **AM IPL**
 - 4.00 **ICC Women's World Cup** England v Bangladesh.
 - 5.00 **Best of the Women's World T20** Action from England v New Zealand in the 2009 final.
 - 5.15 to 6.00 AM **Best of the ICC Women's World Cup**

Sky Sports Golf

- 405 405 863 515 505 424 444
- 6.00 AM (BST) **World Golf Championships** The WGC-Cadillac Match Play Championship.
 - 7.00 **PGA Tour Classic**
 - 8.00 **World Golf Championships** The fourth day's play in the WGC-Dell Technologies Match Play.
 - 10.00 **LIVE DP World Tour Golf** The fourth and final day's play at the Qatar Masters from Doha Golf Club in Doha, Qatar.
 - 2.30 PM **LIVE World Golf Championships** Coverage of the fifth day's play of the WGC Match Play at Austin Country Club in Texas.
 - 12.00 M'T **LIVE LPGA Tour Golf** Day four of the JTBC Classic at the Aviara Golf Club in California.
 - 1.00 **AM Chronicles of a Champion Golfer** A profile of The Open's great champions - Phil Mickelson.
 - 2.00 **PGA Tour Classic** Highlights from the 2008 WGC-Accenture Matchplay Championship.
 - 2.30 **Chronicles of a Champion Golfer** A profile of three-time Open champion Nick Faldo.
 - 3.00 to 6.00 AM **World Golf Championships**

BT Sport 1

- 413 413 870 527 408 430
- 6.00 AM **LIVE (BST) A-League Women** The Grand Final.
 - 8.30 **ESPN FC** Football news.
 - 9.00 **LIVE Isuzu UTE A-League Melbourne Victory v Western Sydney Wanderers.** The Australian top-flight clash from AAMI Park. Kick-off 9.05am.
 - 11.00 **LIVE Hockey Germany v USA.** Coverage this morning's FIH Hockey Pro League women's match. Push-back 11.00am.
 - 1.00 PM **ESPN FC** Football news.
 - 1.30 **Test Cricket Highlights**
 - 2.30 **LIVE Test Cricket West Indies v England.** The fourth day of the third and Final Test in the series, taking place at National Cricket Stadium in St. George's.
 - 11.00 **Is Esports Overtaking? Life in the Slipstream**
 - 11.45 **MotoGP Rewind**
 - 12.00 M'T **LIVE NCAA Basketball Tournament** The Women's Elite Eight Round of the Tournament.
 - 4.00 AM **DIY Pundit**
 - 4.30 **BT Sport Reload**
 - 5.00 **The Football Archives: 1970/71**
 - 5.30 to 6.00 AM **The Football Archives: 1980/81**

BT Sport 2

- 414 414 871 528 409 431
- 8.00 AM **LIVE (BST) AFL Fremantle Dockers v St Kilda Saints.** Coverage of the match from Optus Stadium. Bounce-up 8.20am.
 - 11.00 **WWE SmackDown Highlights**
 - 12.00 **NOON BT Sport United**
 - 12.15 PM **Gallagher Premiership Rugby Union** Another chance to see Saracens v Bristol Bears.
 - 1.45 **Sport in Focus** A look at the rivalry between Leicester Tigers and Northampton Saints.
 - 2.00 **LIVE Gallagher Premiership Rugby Union Exeter Chiefs v Leicester Tigers.** Coverage from Sandy Park. Kick-off 3.00pm.
 - 5.15 **Rugby Tonight**
 - 6.00 **AFL** Action from Richmond Tigers v GWS Giants.
 - 8.00 **AFL** Action from Fremantle Dockers v St Kilda Saints.
 - 10.00 **UFC** The bout between Curtis Blaydes and Chris Daukaus.
 - 1.00 AM **UFC Unleashed**
 - 2.00 **Isuzu UTE A-League** Melbourne Victory v Western Sydney Wanderers.
 - 3.00 **PSA Squash Highlights**
 - 4.00 **MotoGP Highlights**
 - 5.00 to 6.00 AM **ESPN Films: Son of the Congo**

BT Sport 3

- 417 417 874 529 410 432
- 6.00 AM (BST) **ESPN FC**
 - 6.30 **On The Bank: Angling Outlaws**
 - 7.00 **Test Cricket Highlights** Action from day three of the final Test between West Indies and England.
 - 8.00 **Freeride World Tour**
 - 9.00 **WWE Raw Highlights**
 - 10.00 **MotoGP Rewind**
 - 10.15 **LIVE National Futsal Series** The FA National Futsal Series.
 - 6.15 PM **A-League Women** Action from the Grand Final.
 - 7.15 **Isuzu UTE A-League** Action from Melbourne Victory v Western Sydney Wanderers.
 - 8.15 **DIY Pundit** Ugo Monye is joined by Ivo Graham, Geoff Norcott, Michael Spicer and Mark Simmons.
 - 8.45 **MotoGP Rewind** The best of the action from the latest MotoGP round in Indonesia.
 - 9.00 **WWE NXT UK** The next generation of wrestling stars showcase their talents.
 - 10.00 **WWE SmackDown Highlights**
 - 11.00 **Gallagher Premiership Rugby Highlights** The best of the action from the Gallagher Premiership.
 - 12.30 AM **Rugby Stories**
 - 1.00 **Hockey**
 - 2.00 to 6.00 AM **AFL**

Sky Sports Action

- 407 407 865 517 507 426 446
- 6.00 AM (BST) **Fight Night**
 - 7.00 **Fight Night International**
 - 8.00 **Top Rank Boxing Archive**
 - 9.00 **Fight Night International** Shakur Stevenson v Jeremiah Nakathila.
 - 10.00 **Fight Night International** Miguel Berchelt v Jeremiah Nakathila.
 - 11.00 **Fight Night** A replay of Richard Riakporhe v Deion Jumah.
 - 2.30 PM **Fight Night International** A replay of Miguel Berchelt v Jeremiah Nakathila.
 - 3.30 **Top Rank Boxing Archive** George Foreman v Gerry Cooney.
 - 4.00 **Sail GP** Highlights from day one in San Francisco.
 - 5.30 **Fight Night International** Jose Ramirez v Jose Pedraza.
 - 6.30 **Fight Night International** Edgar Berlanga v Steve Rolls.
 - 7.30 **Fight Night International** A replay of Miguel Berchelt v Jeremiah Nakathila.
 - 8.30 **Sail GP** Highlights from day one in San Francisco.
 - 10.00 **LIVE Sail GP** Coverage of day two from San Francisco.
 - 11.30 **Sail GP: Racing On The Edge** A profile of Australian sailing star Nathan Outteridge.
 - 12.00 M'T to 6.00 AM **NFL Highlights**

Sky Sports Mix

- 416 416 873 520 510 429 449
- 6.00 AM (BST) **Show Jumping**
 - 7.00 **Formula 1**
 - 8.00 **Drone Racing League** Action from the Air Boneyard.
 - 10.00 **Netball Superleague** Surrey Storm v Wasps.
 - 12.00 **NOON Betfred Super League Highlights** Recent action.
 - 1.00 PM **Premier League Darts** The seventh night of the 2022 tournament at Rotterdam Ahoy.
 - 4.30 **NBA Basketball** New Orleans Pelicans v San Antonio Spurs.
 - 6.30 **NBA Basketball** A replay of Miami Heat v Brooklyn Nets.
 - 8.30 **Betfred Super League Highlights** Recent action.
 - 9.15 **Hannah Mills: Winning On Water** Hannah Mill's journey to the top of her sport.
 - 9.30 **Sail GP: Racing On The Edge** A profile of Australian sailing star Nathan Outteridge.
 - 10.00 **LIVE Sail GP** Coverage of day two in San Francisco.
 - 11.30 **Sail GP: Racing On The Edge**
 - 12.00 M'T **Fight Night International**
 - 1.00 AM **Premier League World**
 - 1.30 **Premier League Years**
 - 5.30 to 6.00 AM **Premier League World**

BT Sport/ESPN

- 423 423 876 530 411 434
- 6.00 AM (BST) **ESPN FC**
 - 6.30 **NCAA Basketball Tournament**
 - 8.30 **In Depth with Graham Bensinger** An interview with actor Matthew McConaughey.
 - 9.00 **LIVE Badminton** Coverage of the finals of the YONEX Swiss Open, taking place at St. Jakobshalle in Basel, Switzerland.
 - 2.30 PM **BT Sport Reload**
 - 3.00 **NCAA Basketball Tournament**
 - 7.00 **LIVE NCAA Basketball Tournament** The Elite Eight round of March Madness.
 - 9.30 **LIVE NCAA Basketball Tournament** The Elite Eight round of March Madness.
 - 12.00 M'T **NHRA Drag Racing Highlights** The Gatornationals, the NHRA drag racing event held in Gainesville, Florida.
 - 1.00 AM **NCAA Championship**
 - 5.00 to 6.00 AM **NHRA Drag Racing Highlights**

Eurosport 1

- 410 410 868 521 412 435
- 6.00 AM (BST) **Cycling: Gent-Wevelgem** The women's race.
 - 7.00 **Cycling: Tour of Catalunya**
 - 7.55 **Ski Jumping**
 - 8.50 **LIVE Ski Jumping** World Cup coverage from Planica, Slovenia.
 - 10.40 **Cycling: Tour of Catalunya**
 - 11.30 **LIVE Cycling: Tour of Catalunya** The seventh stage.
 - 1.15 PM **LIVE Cycling: Gent-Wevelgem** The men's race.
 - 4.00 **LIVE Cycling: Gent-Wevelgem** The women's race.
 - 5.15 **Cycling: Milan-San Remo**
 - 5.30 **Discovery Golf**
 - 6.00 **Ski Jumping**
 - 7.00 **Cycling: Tour of Catalunya**
 - 8.00 **Cycling: Gent-Wevelgem**
 - 10.00 **Cycling: Tour of Catalunya**
 - 11.00 **Ski Jumping**
 - 12.00 M'T **Snowboarding**
 - 1.00 AM **Cycling: Tour of Catalunya**
 - 2.00 **Ski Jumping**
 - 4.00 to 6.00 AM **Highlights**

Eurosport 2

- 411 411 869 522 413 436
- 6.00 AM (BST) **Figure Skating World Championships**
 - 7.00 **Curling World Championships**
 - 9.00 **Freestyle Skiing**
 - 9.50 **Snowboarding**
 - 10.50 **LIVE Snowboarding** The World Cup meeting in Silvaplana, Switzerland, featuring the men's and women's slopestyle events.
 - 1.00 PM **Snooker: Gibraltar Open**
 - 3.00 **World Superbikes: Season Preview**
 - 4.00 **Australian Superbikes**
 - 5.00 **Snowboarding**
 - 7.00 **LIVE Curling World Championships** The women's bronze medal match in Prince George, British Columbia.
 - 10.05 **Snooker: Gibraltar Open**
 - 12.05 AM **Cycling: Tour of Catalunya**
 - 1.00 **Snowboarding**
 - 2.00 **Snooker: Gibraltar Open**
 - 4.00 **FIA World Endurance Championship**
 - 5.00 to 6.00 AM **World Superbikes**

Sky Sports Arena

- 408 408 866 518 508 427 447
- 6.00 AM **LIVE (BST) NRL Brisbane Broncos v North Queensland Cowboys.** Kick-off 6.05am.
 - 8.00 **Drone Racing League**
 - 10.00 **Super League's Supermen**
 - 11.00 **Betfred Super League Highlights** Recent action.
 - 12.00 **NOON Drone Racing League**
 - 2.00 PM **Netball Superleague**
 - 4.00 **Betfred Super League Highlights** Recent action.
 - 4.15 **NBA Basketball**
 - 8.15 **LIVE NBA Detroit Pistons v New York Knicks.** The Eastern Conference match at Little Caesars Arena. Tip-off 8.30pm.
 - 11.00 **LIVE NBA Basketball** Phoenix Suns v Philadelphia 76ers. Coverage of the inter-conference match at Footprint Centre. Tip-off 11.00pm.
 - 2.00 AM **Premier League Darts**
 - 2.30 **Betfred Super League Highlights** Recent action.
 - 5.30 to 6.00 AM **Darts Gold**

Sky Sports F1

- 406 406 864 516 506 425 445
- 6.00 AM (BST) **Highlights**
 - 11.50 PM **Formula 1**
 - 2.50 **LIVE Formula 2 Championship** The Saudi Arabian Grand Prix feature race.
 - 4.05 **Mick Schumacher Drives The Jordan**
 - 4.20 **Daniel Ricciardo's NASCAR Run**
 - 4.30 **LIVE Formula 1** The team present from the grid.
 - 5.55 **LIVE Formula 1** Coverage of the Saudi Arabian Grand Prix from Jeddah Corniche Circuit. Start-time 6.00pm.
 - 8.00 **LIVE Formula 1** Reaction from the Saudi Arabian Grand Prix.
 - 9.00 **Goodbye Kimi**
 - 9.10 **2021 A-Z of F1**
 - 9.30 **Formula 1**
 - 10.30 **Formula 2 Championship**
 - 11.45 **Mick Schumacher Drives The Jordan**
 - 12.00 M'T **Formula 1**
 - 5.30 to 6.00 AM **Highlights**

Monday

28 March

Evening Planner

Monday

Documentary



NEW

Rescue: Extreme Medics

C4, 9pm
How the Scottish Trauma Network brings life-saving treatment to remote areas in more than 30,000 square miles of land

Drama



NEW

Winning Time: The Rise of the Lakers Dynasty

Sky Atlantic, 9pm
John C Reilly and Quincy Isaiah star in this drama about US basketball in the 1980s

Comedy



NEW

Newark, Newark

Gold, 9pm
Sitcom about a family living in the East Midlands town, starring Beverley Callard, Morgana Robinson and Mathew Horne

Comedy



NEW

Deep Heat

ITV2, 10pm
Max Olesker and Ivan Gonzalez star in this sports-based comedy following the fortunes of a frustrated wannabe wrestler

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Clean It, Fix It †	8.30 We Are... †	9.00 Beyond Reasonable Doubt: Britain's...	10.00 News	10.30 Weather
102 BBC2	7.00 Doctors	7.30 Rick Stein's...	8.00 Mastermind	8.30 University...	9.00 Great British Menu: The Finals	10.00 Live at the...	10.30 Newsnight
103 ITV	◀ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Holding	10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 24 Hours in A&E		9.00 Rescue: Extreme Medics	10.00 Police Custody USA	
105 CHANNEL 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 HMP Wakefield: Evil Behind Bars	10.15 Casualty 24/7: Every...	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Global...		9.00 The Great Debate	10.00 Oscars Highlights	

ENTERTAINMENT

117 BBC3	7.00 MasterChef Australia		8.15 Freeze: Back on Thin Ice		9.00 The Drop	10.00 Hot Property	10.30 Gavin & Stacey	
116 BBC4	7.00 Fred Dibnah's...	7.30 Villages by...	8.00 Neanderthals: Meet Your Ancestors		9.00 The Golden Age of Steam Railways	10.00 Ian Hislop's Stiff Upper Lip...		
118 ITV2	7.00 Superstore		8.00 Bob's Burgers		9.00 Family Guy	10.00 Deep Heat		
136 MORE4	◀ 6.55 Escape to the Chateau: DIY		7.55 Devon and Cornwall		9.00 Great British Walks with My Dog	10.00 Miriam and Alan: Lost in Scotland		
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia		9.00 World's Greatest Weddings		10.00 Naked Attraction		
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 9-1-1	10.00 Law & Order: Special Victims Unit		
108 SKY ATLANTIC	◀ 6.20 The Sopranos		7.55 Game of Thrones		9.00 Winning Time: The Rise of the Lakers Dynasty			
110 GOLD	7.05 The Green Green Grass	7.45 Dad's Army	8.25 Gavin & Stacey		9.00 Newark, Newark	9.40 The Good Life	10.20 Not Going Out	
111 DAVE	7.00 Richard Osman's...	7.40 Room 101	8.20 Would I Lie to You?		9.00 QI	10.00 Have I Got a Bit More News for You		
119 ITV3	7.00 Heartbeat		8.00 Vera		10.00 Law & Order: UK			
120 ITV4	7.15 Snooker: Tour Championship – Live: The evening session on day one at Venue Cymru in Llandudno							10.30 Film: Predators
112 COMEDY CENTRAL	◀ 6.55 Friends				9.00 Michael McIntyre's Big Show	10.00 Impractical...	10.30 Impractical...	
152 SYFY	7.00 Quantum Leap		8.00 Fringe		9.00 Fortitude			
113 SKY MAX	7.00 Stargate SG-1		8.00 Agatha Raisin		10.00 Oscars Highlights			
132 ALIBI	7.00 Rizzoli & Isles		8.00 Hudson & Rex		9.00 Miss Scarlet and the Duke	10.00 Annika		
130 SKY ARTS	7.00 Inside Art...	7.30 André Rieu: Falling in Love – Live in Maastricht 2016				10.30 Christian...		

DOCUMENTARY

125 DISCOVERY	7.00 Outback Truckers		8.00 Bad Chad Customs		9.00 Wheeler Dealers: Dream Car	10.00 Texas Metal	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Coyote Peterson: Brave the Wild		9.00 Alaska: Homestead Rescue	10.00 I Was Prey	
129 NAT GEO	7.00 Car S.O.S.		8.00 To Catch a Smuggler		9.00 Trafficked with Mariana Van Zeller	10.00 America's Hardest Prisons	
123 SKY HISTORY	7.00 Forged in Fire		8.00 American Pickers		9.00 Curse of the Ancients	10.00 Caesar's Doomsday War	
155 YESTERDAY	7.00 Great British Railway Journeys		8.00 Abandoned Engineering		9.00 Hornby: A Model World	10.00 Bangers and Cash	
121 SKY DOCS	7.00 The Nineties		7.50 Expecting Amy		9.00 Film: 89		

FILMS - Sky Cinema

301 PREMIERE	◀ 6.10 The World to Come		8.00 People Just Do Nothing: Big in Japan		9.50 Blacklight			
303 HITS	◀ 6.00 Mass		8.00 Gunpowder Milkshake		10.00 Killer Joe			
304 GREATS	◀ 6.20 Indiana Jones and the Last Crusade			8.30 Indiana Jones and the Kingdom of the Crystal Skull			10.35 Fury	
305 ANIMATION	◀ 6.35 Khumba		8.05 Curious George 3: Back To The Jungle		9.40 Curious George: Royal Monkey			
306 FAMILY	◀ 6.35 Mr Magorium's Wonder Emporium		8.15 Monte Carlo		10.10 Penelope			
307 ACTION	◀ 6.15 300: Rise of an Empire		8.00 Wonder Woman 1984		10.30 Nobody			
308 COMEDY	◀ 6.15 Not Another Teen Movie		8.00 Just Go With It		10.00 Alan Partridge: Alpha Papa			
309 THRILLER	◀ 5.45 Desperate...	7.30 Angels & Demons		10.00 American Gangster				
310 DRAMA	◀ 6.05 The Perks of Being a Wallflower		8.00 Valentine's Day		10.05 In the Heights			
311 SCI-FI	◀ 5.45 Oblivion		8.00 District 9		10.00 The Evil Dead			
302 OSCARS	7.00 Oscars Highlights				9.00 The Theory of Everything			
313 FILM4	◀ 6.40 Deep Impact				9.00 The Rhythm Section			
315 TCM MOVIES	◀ 6.30 Ocean's Thirteen				9.00 Swordfish			

SPORT

401 MAIN EVENT	7.00 Sky Sports News	7.40 Irish Football – Live: Glentoran v Carrick Rangers (Kick-off 7.45)				10.00 Sky Sports News	
402 PREMIER LEAGUE	7.00 WSL	8.00 Gary Neville's...	8.30 WSL	9.00 Premier League 100 Club	10.00 PL Icons	10.30 PL Retro	
403 FOOTBALL	◀ 6.30 World Cup Qualifiers...	7.40 Irish Football – Live: Glentoran v Carrick Rangers (Kick-off 7.45)			9.45 International Football	10.30 EFL Goals...	
404 WORLD CUP	7.00 Women's World T20 Classics		8.00 ICC Women's World Cup		9.00 IPL	10.00 ICC Women's World Cup	
413 BT SPORT 1	◀ 2.30 Test Cricket – Live: West Indies v England						
414 BT SPORT 2	7.00 The Outdoor...	7.30 Freeride World Tour		8.30 Inside Sailing	9.00 On The Bank...	9.30 Fishing...	10.00 WSL Championship Tour

◀ Denotes programmes starting before 7.00pm † Regions vary



BBC1

101 101/115 801 101 101 101 101/106

- 6.00 AM **Breakfast** (S)
- 9.15 **Morning Live** **New edition** (S)
- 10.00 **Animal Park** (S)(R)
- 10.45 **Defenders UK** (S)(R)
- 11.15 **Homes Under the Hammer** (S)(R)
- 12.15 PM **Bargain Hunt** **New edition** From Ardingly, West Sussex. (S)(AD)
- 1.00 **BBC News** (S)
- 1.30 **Local News** (S)
- 1.45 **Doctors** (S)(AD)
- 2.15 **Shakespeare & Hathaway: Private Investigators** (S)(R)(AD)
- 3.00 **Escape to the Country** **New edition** From Kent. (S)
- 3.45 **The Repair Shop** **New edition** A broken statue and a glamorous painting are among the items. (S)
- 4.30 **Bridge of Lies** **New edition** (S)
- 5.15 **Pointless** **New edition** Quiz. (S)
- 6.00 **BBC News** (S)
- 6.30 **Local News** (S)



7.30 **EastEnders**

- 7.00 **The One Show** Alex Jones and Alex Scott present the topical show. (S)
- 7.30 **EastEnders** Denise attempts to convince Chelsea not to make a decision she might regret. (S)(AD)
- 8.00 **Clean It, Fix It** 1/15. A team of cleaners transform living spaces, beginning in south Wales. (S)(R)
- 8.30 **We Are England** **New edition** Regional current affairs reports. (S)
- 9.00 **Beyond Reasonable Doubt: Britain's Rape Crisis** **New edition** This *Panorama* special investigates conviction rates for rape cases – and how cases are tried in court. (S)
- 10.00 **BBC News** (S)
- 10.25 **Local News** (S)
- 10.35 **Extraordinary Portraits** 5/6. Artist Thomas Croft meets a former Royal Marine who survived an explosion. (S)(R)
- 11.05 **The Wall** 5/6. A father and daughter from Barry, south Wales, take part in the game show. Hosted by Danny Dyer. (S)(R)
- 11.50 **Killing Eve** 4/8. Carolyn discovers an old acquaintance in Cuba and decides to go rogue, Eve struggles to identify her lead in the Twelve, while Villanelle gets her mojo back. (S4) (S)(R)(AD)
- 12.35 AM **Weather for the Week Ahead** Seven-day forecast. (S)
- 12.40 to 6.00 AM **BBC News** (S)

BBC2

102 102/115 802 102 102 2 102 102/102/106

- 6.30 AM **Bargain Hunt** (S)(R)(AD)
- 7.15 **The Repair Shop** (S)(R)
- 8.00 **Sign Zone: Great Coastal Railway Journeys** (S)(R)(AD)
- 8.30 **Sign Zone: Inside Culture with Shahidha Bari** (S)(R)
- 9.00 **BBC News** (S)
- 12.15 PM **Politics Live** (S)
- 1.00 **Ready Steady Cook** (S)(R)
- 1.45 **Eggheads** Quiz show. (S)(R)
- 2.15 **Street Auction** (S)(R)
- 3.00 **The Heights** (S1) (S)(R)(AD)
- 3.30 **The Customer Is Always Right** (R)
- 4.15 **Monkey Planet** (S)(R)(AD)
- 5.15 **Flog It!** From Croome. (S)(R)
- 6.00 **Richard Osman's House of Games** **New edition** With Richie Anderson, Jo Caulfield, Babatunde Aleshe and Carol Smillie. (S)
- 6.30 **Lightning** **New edition** Quiz show hosted by Zoe Lyons. (S)



6.30 **Lightning**

- 7.00 **Doctors** Jimmi tries to solve Rosie's issues, while Emma lashes out at Valerie. (S)(R)(AD)
- 7.30 **Rick Stein's Cornwall** The chef explores the Fowey Estuary by boat. (S)(R)(AD)
- 8.00 **Mastermind** **New edition** Clive Myrie hosts the fifth semi-final. (S)
- 8.30 **University Challenge** **New edition** Jeremy Paxman asks the questions in the second and concluding semi-final. (S)
- 9.00 **Great British Menu: The Finals** **New edition** The eight winning chefs from the regional heats battle to get their starter course to the banquet celebrating 100 years of British broadcasting. (S) ■ Continues tomorrow
- 10.00 **Live at the Apollo** **New edition** Ardal O'Hanlon introduces stand-up comedy performances by Mawaan Rizwan and Sara Barron. (S)
- 10.30 **Newsnight** (S)
- 11.10 **Weather** (S)
- 11.15 **Couples Therapy** **New edition** 2/9. An upcoming trip reveals a rift between Matthew and Gianni. (S)
- 11.40 **FILM Spotlight** Oscar-winning fact-based drama starring Mark Ruffalo and Michael Keaton. (S) (2015, 15, 120min) ★★★★★
- 1.40 AM **Sign Zone: Countryfile** (S)(R)
- 2.40 **Sign Zone: Tom Daley's Hell of a Homecoming** (S)(R)(AD)
- 3.40 **Sign Zone: MasterChef** (S)(R)(AD)
- 4.35 to 6.30 AM **Previews**

ITV

103 103/176 803 103 103/113 3 103 103/111

- 6.00 AM **Good Morning Britain** (S)
- 9.00 **Lorraine** (S)
- 10.00 **This Morning** Celebrity chat, lifestyle features and advice. (S)
- 12.30 PM **Loose Women** Celebrity interviews and studio debate. (S)
- 1.30 **ITV News** (S)
- 1.55 **Local News** (S)
- 2.00 **Dickinson's Real Deal** David Dickinson and his team of dealers set up for some supersonic deals under the wings of Concorde at Aerospace Bristol. (S)(R)
- 3.00 **Lingo** Word-based quiz show presented by Adil Ray. (S)(R)
- 4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
- 5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
- 6.00 **Local News** (S)
- 6.30 **ITV News** (S)



9.00 **Holding**

- 7.30 **Emmerdale** Marlon and Rhona struggle in the aftermath of his stroke, while Bob provides Laurel with some food for thought. (S)(AD)
- 8.00 **Coronation Street** Kelly clings to the hope that her dad is still alive, until DS Beckett confirms they have found Rick's body. Having had the all-clear, a loved-up Tim and Sally get down to business – until Elaine bursts in. (S)(AD)
- 9.00 **Holding** **New episode** 3/4. The villagers attempt to put the terrible events behind them but a new discovery reignites the case – and PJ is forced to confront everything he has learnt so far. (S1) (S)(AD)
- 10.00 **ITV News** (S)
- 10.30 **Local News** (S)
- 10.45 **On Assignment** **New edition** Robert Peston looks at the possibility of Finland joining Nato in the wake of Russia's invasion of Ukraine. (S)
- 11.15 **Kate & Koji** 2/6. Kate lets Koji run the cafe, which he does all too well. Meanwhile, Medium wants feedback on the novel he has written. (S2) (S)(R)(AD)
- 11.45 **All Elite Wrestling: Dynamite** Hard-hitting wrestling action. (S)
- 1.30 AM **Shop: Ideal World**
- 3.00 **Loose Women** (S)(R)
- 3.50 **Unwind with ITV**
- 5.05 to 6.00 AM **Tipping Point** Arcade-themed quiz. (S)(SL)(R)

+1 hour 203 114 35 112

CHANNEL 4

104/108 104/138 104 104/141 4 104 104

- 6.05 AM **Countdown** (S)(R)
- 6.45 **Cheers** 10&11/22. (S2) (S)(R)
- 7.40 **Everybody Loves Raymond** (S)(R)
- 9.05 **Frasier** 9-11/24. (S6) (S)(R)(AD)
- 10.35 **Ramsay's Kitchen Nightmares USA** From California. (S)(R)
- 11.30 **News** (S)
- 11.35 **Undercover Boss USA** (S)(R)
- 12.30 PM **Steph's Packed Lunch** **New edition** Magazine. (S)
- 2.10 **Countdown** **New edition** (S)
- 3.00 **A Place in the Sun** (S)(R)
- 4.00 **A New Life in the Sun** (S)(R)
- 5.00 **Four in a Bed** **New edition** (S)
- 5.30 **Fame in the Family** **New edition** Hayley Tamaddon hosts. (S)
- 6.00 **The Simpsons** (S)(R)(AD)
- 6.30 **Hollyoaks** A new clinical trial for Luke's condition brings hope to Cindy but she ignores concerns over its legitimacy. (S)(AD)



10.00 **Police Custody USA**

- 7.00 **News** (S)
- 8.00 **24 Hours in A&E** **New edition** A look back at memorable cases, including a retired firefighter accidentally hit in the face by a golf club, and a former Marine who badly dislocated his thumb after falling off a bicycle. (S)(AD)
- 9.00 **NEW SERIES** **Rescue: Extreme Medics** 1/5. How the Scottish Trauma Network bring life-saving treatment to remote areas over 30,000 square miles of land, where easy access to hospitals is not always possible. (S)(AD)
- 10.00 **NEW SERIES** **Police Custody USA** 1/4. Documentary exploring how the murder of a man, who was shot dead at point blank range at a trailer park, rocked a small close-knit community in Kansas City. (S)(AD)
- 11.00 **In the Footsteps of Killers** (S)(R)
- 12.05 AM **Ramsay's 24 Hours to Hell and Back** In New York. (S)(R)(AD)
- 12.55 **Come Dine with Me** (S)(SL)(R)
- 1.50 **Iris Prize Best British Shorts: Dark Days** Compilation. (S)(R)
- 3.15 **Grayson's Art Club** With comedian Jo Brand. (S)(SL)(R)(AD)
- 4.10 **Ugly House to Lovely House with George Clarke** (S)(SL)(R)(AD)
- 5.10 to 6.05 AM **Location, Location, Location** (S)(R)

+1 hour 204/208 142 15 121

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 154 105 5 105 105 105

- 5.30 AM **Milkshake!**
- 9.15 **Jeremy Vine** (S)
- 12.15 PM **George Clarke's Build a New Life in the Country**
Advice for a couple converting a Cambridgeshire apple store into their dream home. (S)(R)
- 1.10 **News** (S)
- 1.15 **Home and Away** (S)(R)(AD)
- 1.45 **Neighbours** (S)(AD)
- 2.15 **FILM PREMIERE The Stepmother** Thriller with Vivica A Fox. (2019, 12 105min) ★★
- 4.00 **Filthy House SOS** Cleaning duo Jon and Brennan take on some of Britain's filthiest homes. (S)(R)
- 5.00 **News** (S)
- 6.00 **Neighbours** Harlow arrives in London, continuing to ignore Ned's calls. (S)(R)(AD)
- 6.30 **Eggheads** **New edition** Quiz. (S)



9.00 **HMP Wakefield**

- 7.00 **Police Interceptors**
Ben and Steve set out in pursuit of a dangerous driver in Bradford, while Bobo and Beth are on the hunt for a hit-and-run driver. (S)(R)
- 7.55 **News** (S)

- 8.00 **Traffic Cops** **New edition** 7/12. Officers investigate the report of a car linked to an alleged drunken assault with a baseball bat, on the edge of the Peak District near Ashbourne. (S)

- 9.00 **NEW HMP Wakefield: Evil Behind Bars**
This one-off documentary examines daily life inside one of the UK's toughest jails. Through interviews with ex-inmates, retired guards and relatives of Britain's most infamous inmates. (S)

- 10.15 **Casualty 24/7: Every Second Counts**
Registrar doctor Chris Carson takes an emergency call when paramedics bring in an 85-year-old woman who has been found choking. (S)(R)

- 11.15 **Ambulance: Code Red** (S)(R)
- 12.15 AM **The Incredible Hulk Woman: Extraordinary People** Documentary. (S)(R)
- 1.10 **21.co.uk Live Casino Show** (S)
- 3.10 **George Clarke's Build a New Life in the Country** (S)(R)
- 3.55 **Cruising with Jane McDonald** A Caribbean cruise. (S)(R)
- 4.45 **Wildlife SOS** (S)(SL)(R)
- 5.05 to 5.30 AM **House Doctor** (R)

+1 hour 205 155 46 128

SKY SHOWCASE

106 106 806 110 109 340 355

- 6.00 AM **The Early Rundown**
- 7.00 **Kay Burley**
- 8.00 **Formula 1: Saudi Arabian Grand Prix Highlights**. (R)
- 9.00 **Nothing to Declare** (S)(R)
- 10.00 **The Flash** 4/18. (S7) (S)(R)
- 11.00 **NCIS: New Orleans** (S6) (S)(R)
- 1.00 PM **Hawaii Five-0** (S2) (S)(R)
- 2.00 **S.W.A.T.** 9/23. (S2) (S)(R)(AD)
- 3.00 **Modern Family** (S5) (S)(R)
- 4.00 **Will & Grace** (S4) (S)(R)(AD)
- 5.00 **The Simpsons** *Krusty Gets Kancelled*: With Bette Midler. (R)
- 5.30 **The Fresh Prince of Bel Air** 23/24. Uncle Phil celebrates his 50th birthday. (S)(R)
- 6.00 24/24. Last episode of the sitcom. (S6) (S)(R)
- 6.30 **The Simpsons** *Cape Feare*: Sideshow Bob is released from Springfield Penitentiary. (S)(R)



10.00 **Oscars Highlights**

- 7.00 **The Simpsons** *Homer Goes to College*: Homer is sent back to college after making a blunder at the power station. (S)(R)
- 7.30 **Rosebud**: Mr Burns loses his beloved teddy bear. With The Ramones. (S)(R)

- 8.00 **David Attenborough's Global Adventure: Home Planet**
Further footage of David's wildlife adventures, from the ancient rainforests of Borneo to the depths of the Great Barrier Reef. (S)(R)(AD)

- 9.00 **The Great Debate** **New edition** Trevor Phillips addresses a new topic with a panel of news-makers and experts to get a deeper understanding of the week's most important subject.

- 10.00 **NEW Oscars Highlights**
The best moments from last evening's Academy Awards ceremony, which was staged at the Dolby Theatre in Hollywood, Los Angeles.

- 12.00 M/T **Last Week Tonight with John Oliver** A satirical look at news and pop culture. (R)
- 12.40 AM **SEAL Team** 8/14. A mission goes sideways and lands the team in hospital. (S5) (S)(R)
- 1.35 **NCIS: New Orleans** (S6) (S)(R)
- 2.30 **Road Wars** (S)(R)
- 3.00 **S.W.A.T.** 9/23. (S2) (S)(R)(AD)
- 4.00 **Hawaii Five-0** (S2) (S)(R)
- 5.00 to 6.00 AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

- BBC1**
- SCOTLAND**
Sky 951, Virgin 862, Freesat 960
- 8.00pm **Disclosure**: From the Margins
 - 8.30-9.00 **Loggerheads**
 - 11.05 **Sportscene**: SWPL Highlights
 - 11.35 **The Wall**
 - 12.20am **Killing Eve**
 - 1.05 **Weather for the Week Ahead**
 - 1.10-6.00am **BBC News**
- N. IRELAND**
Sky 953, Virgin 863, Freesat 957
- 8.00pm **Beautiful Interiors** Northern Ireland
 - 8.30-9.00 **The Fast and the Farmer-ish**
 - 10.35 **Murder in the Badlands**
 - 11.35 **Extraordinary Portraits**
 - 12.05am **The Wall**
 - 12.55-6.00am **BBC News**
- WALES**
Sky 952, Virgin 864, Freesat 964
- 8.00pm **X-Ray**
 - 8.30-9.00pm **Snowdonia: A Year on the Farm**

- BBC2**
- N. IRELAND**
Sky 972, Freesat 969
- 10.00-10.30pm **Buachaillí ón Éirne** 11.15 **NIFL Premiership Highlights**
 - 11.45 **Couples Therapy**
 - 12.10am **Miss World 1970**: Beauty Queens and Bedlam
 - 1.15-1.40am **Extraordinary Portraits**
- WALES**
Sky 971, Freesat 971
- No variations

- ITV**
- As main ITV except:
- WALES**
- 10.45pm **Sharp End**
 - 11.15-11.45pm **On Assignment**

- S4C**
- Sky 134, Virgin 166, Freesat 120
- 6.00am **Cyw** 12.00noon **Newyddion S4C** a'r Tywydd
 - 12.05pm **Pysgod i Bawb**
 - 12.30 **Heno** 1.00 **Y Sioe Fwyd** 1.30 **Gerddi Cymru**
 - 2.00 **Newyddion S4C** a'r Tywydd 2.05 **Prynhawn Da**
 - 3.00 **Newyddion S4C** a'r Tywydd 3.05 **Côr Cymru 2022** 4.00 **Awr Fawr** 5.00 **Stwnsh** 6.00 **Dau Gi Bach**
 - 6.30 **Rownd a Rownd** 6.57 **Newyddion S4C** 7.00 **Heno** 7.30 **Newyddion S4C** a'r Tywydd
 - 8.00 **Cardiff Half Marathon 2022** 8.55 **Newyddion S4C** a'r Tywydd
 - 9.00 **Ffermio** 9.30 **Welsh Whisperer - Ni'n Teithio Nawr** 10.00 **Sgorio** 10.30-11.35pm **Llanw**

TV&Satellite week
New issue on sale tomorrow

BBC3

117/141/173 107/157 23/109 179/107

BBC3 programmes start at 7.00pm



- 7.00 PM **MasterChef Australia** **New edition** The hopefuls open a night market.
- 8.10 **The Catch Up**
- 8.15 **Freeze: Back on Thin Ice** **New edition** 2/4. Nina and Kristen continue their battle to qualify for Beijing 2022.
- 9.00 **The Drop** **New edition** 3/8. The creatives must prove their brand can appeal to a variety of subcultures.
- 10.00 **NEW SERIES Hot Property** 1/8. Filly meets former *The Apprentice* stars Ryan-Mark Parsons.
- 10.30 **Gavin & Stacey** 1/6. First episode of the comedy. 11.00 2/6. The couple have their first lovers' tiff. (S1)
- 11.30 **FILM What We Do in the Shadows** Horror comedy starring Jemaine Clement (2014, 15, 83min) ★★
- 12.50 AM **The Drop**
- 1.50 **Hot Property**
- 2.20 **Freeze: Back on Thin Ice**
- 3.05 **Gavin & Stacey**
- 3.35 to 4.00 AM **My Mate's a Bad Date**

MORE4

136 136 831 147 195 18 124

- 8.55 AM **Kirstie's House of Craft**
- 9.15 **A Place in the Sun**
- 11.05 **Find It, Fix It, Flog It**
- 1.05 PM **Heir Hunters**
- 2.05 **Four in a Bed**
- 4.50 **Find It, Fix It, Flog It** Henry Cole restores a car trailer and a 1970s racing bike.
- 5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend get to grips with a 1971 Lamborghini Espada, belonging to a Derbyshire man whose hopes of restoring it were dashed by health issues.
- 6.55 **Escape to the Chateau: DIY** Tim and Rebecca face a race against time to get their driveway ready for the arrival of their guests.
- 7.55 **Devon and Cornwall** Steve and Crispin Alford gather their sheep for a speed-shearing competition.
- 9.00 **Great British Walks with My Dog** Emilia Fox takes her dachshunds through a wooded valley in Cornwall.
- 10.00 **Miriam and Alan: Lost in Scotland** Miriam Margolyes and Alan Cumming take part in the Glencoe mountain uphill race.
- 11.05 **24 Hours in A&E**
- 12.10 AM **8 Out of 10 Cats Does Countdown**
- 1.15 **Miriam and Alan: Lost in Scotland**
- 2.20 **24 Hours in A&E**
- 3.25 to 3.50 AM **Food Unwrapped**

+1 hour 236 196 86 125

BBC4

116 116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM **Fred Dibnah's World of Steam, Steel and Stone** The steeplejack's admiration for ordinary workers.
- 7.30 **Villages by the Sea** Ben Robinson examines the history of Clovelly in Devon.
- 8.00 **Neanderthals: Meet Your Ancestors** 1/2. Documentary examining prehistoric humans.
- 9.00 **The Golden Age of Steam Railways** 2/2. Further efforts to rescue Britain's standard gauge railways.
- 10.00 **Ian Hislop's Stiff Upper Lip: An Emotional History of Britain** 3/3. How Brits expressed their feelings throughout the 20th century.
- 11.00 **Tails You Win: The Science of Chance**
- 12.00 M/T **Wonder of Animals**
- 12.30 AM **Fred Dibnah's World of Steam, Steel and Stone**
- 1.00 **Villages by the Sea**
- 1.30 **The Golden Age of Steam Railways**
- 2.30 to 3.30 AM **Ian Hislop's Stiff Upper Lip**

E4

135 135 830 106 145 13 122

- 6.00 AM **Hollyoaks**
- 7.00 **Ramsay's Kitchen Nightmares USA**
- 9.00 **The Big Bang Theory**
- 11.00 **Young Sheldon**
- 12.00 NOON **Brooklyn Nine-Nine** 4&5/18. (S6)
- 1.00 PM **The Big Bang Theory**
- 3.00 **Young Sheldon**
- 4.00 **Brooklyn Nine-Nine**
- 5.00 **The Big Bang Theory** Four episodes, including at: 6.30 11/24. The guys have fun at the expense of Penny's boyfriend Zack. (S4)
- 7.00 **Hollyoaks** John Paul tries to explain the note to Prince.
- 7.30 **Married at First Sight Australia** **New edition** It is the fourth Commitment Ceremony and while some couples are thriving, others are crumbling under the pressures of the experiment.
- 9.00 **World's Greatest Weddings** 4/4. Big days that did not go according to plan.
- 10.00 **Naked Attraction** Students Charles and Lee each choose a date from a selection of naked people.
- 11.05 **Gogglebox**
- 12.10 AM **First Dates**
- 1.15 **Married at First Sight Australia** As 7.30pm.
- 2.45 **Gogglebox**
- 3.40 **Below Deck: Mediterranean**
- 4.30 **Ramsay's Kitchen Nightmares USA**
- 5.20 to 6.00 AM **Mike & Molly**

+1 hour 235 146 30 123

MONDAY Entertainment

Monday

Sky Witness

107 107 807 112 111 341 356

- 6.00 AM **Nothing to Declare**
- 8.00 **Border Patrol**
- 9.00 **Send in the Dogs**
- 10.00 **The Force: Manchester**
- 11.00 **Law & Order** 4/24. (S14)
- 12.00 NOON **Bull** 12/22. Jason takes a psychologist who is being sued as a client. (S2)
- 1.00 PM **Blue Bloods** (S9)
- 3.00 **Coroner** 1/8. Jenny looks into a fire in a low-income apartment complex. (S2)
- 4.00 **Paramedics Australia**
- 5.00 **Nothing to Declare**



9.00 9-1-1

Sky Atlantic

108/109 108/109 808 342 357

- 6.00 AM **Urban Secrets**
- 7.40 **CSI** 16/24. (S6)
- 8.30 **The Sopranos** (S4)
- 10.35 **Game of Thrones** (S6)
- 11.50 **Raised by Wolves** (S1)
- 1.55 PM **Hausen** 5/8. (S1)
- 3.00 **Ray Donovan** 10/12. Jay asks for a meeting with Daryll.
- 4.05 11/12. Ray searches for Frank Barnes. (S5)
- 5.10 **The Sopranos** 12/13. Tony keeps up the haggling over the Esplanade profits.
- 6.20 13/13. Carmela throws Tony out on the street. (S4)



9.00 Winning Time

Sky Max

113/114 113/114 122 121 345 360

- 6.00 AM **Stargate SG-1** (S4)
- 8.00 **Arrow** 15/22. (S7)
- 9.00 **DC's Legends of Tomorrow**
- 10.00 **The Flash** 4/18. (S7)
- 11.00 **NCIS: New Orleans** (S6)
- 1.00 PM **Hawaii Five-0** (S2)
- 2.00 **S.W.A.T.** 9/23. (S2)
- 3.00 **DC's Legends of Tomorrow**
- 4.00 **Arrow** 16/22. (S7)
- 5.00 **The Flash** 4/18. Abra Kadabra returns to Central City. (S7)
- 6.00 **Stargate SG-1** 2/22. Part three of three. Teal'c undergoes a dangerous ritual. (S5)



10.00 Oscars Highlights

ITV2

118 118 816 115 176 6 113

- 6.00 AM **Dress to Impress**
- 7.00 **The Ellen DeGeneres Show**
- 8.00 **Love Bites**
- 9.00 **Secret Crush**
- 10.00 **Dress to Impress**
- 11.00 **Love Bites**
- 12.00 NOON **Supermarket Sweep**
- 1.00 PM **Tipping Point: Lucky Stars**
- 2.00 **Family Fortunes**
- 3.00 **The Ellen DeGeneres Show** **New edition** Talk show.
- 4.00 **The Masked Singer US**
- 5.00 **You've Been Framed! Gold**
- 6.00 **Celebrity Catchphrase**



10.00 Deep Heat

ITV3

119 119 817 117 177 10 115

- 6.00 AM **Classic Coronation Street**
- 7.00 **Classic Emmerdale**
- 8.05 **Man About the House**
- 9.40 **Upstairs, Downstairs**
- 11.50 **Heartbeat**
- 2.00 PM **Classic Emmerdale**
- 3.00 **Classic Coronation Street**
- 4.05 **Midsomer Murders** *A Sacred Trust*: A nun is found strangled.
- 6.00 **Heartbeat** *A Chilly Reception*: A wedding is thrown into confusion by a family death, and Kate is displeased when a relative brings big news.



10.00 Law & Order: UK

7 PM

- 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 **Blue Bloods** *Identity*: 21/22. DNA evidence in a murder case leads Danny and Baez to identical twins. (S9)

9 PM

- 9.00 **9-1-1** **New episode** *Defend in Place*: 8/18. An explosion rocks the hospital where Dr Hale is performing surgery. (S5)

10 PM

- 10.00 **Law & Order: Special Victims Unit** *Authority*: 17/19. Benson and Stabler are drawn into a series of mind games. (S9)
- 11.00 **Law & Order: SVU** (S12)
- 12.00 M'T **The Rookie** 9/20. (S1)
- 1.00 AM **The Equalizer** 8/12. (S2)
- 2.00 **Criminal Minds** 8/10. (S15)
- 3.00 **Bull** 12/22. (S2)
- 4.00 **Road Wars**
- 5.00 to 6.00 AM **Brit Cops: Law & Disorder**

+1 hour 207 206

- 7.55 **Game of Thrones** *Dragonstone*: 1/7. Jon organises the defence of the North, Cersei evens the odds, and Daenerys comes home. (S7)

- 9.00 **NEW SERIES** **Winning Time: The Rise of the Lakers Dynasty** *The Swan*: 1/10. Drama starring John C Reilly and Jason Clarke.

- 10.05 **Winning Time: The Rise of the Lakers Dynasty** **New episode** *Is That All There Is?* 2/10. See feature, page 6. (S1)

- 11.10 **Billions** **New episode** *Johnny Favourite*: 10/12. (S6)
- 12.15 AM **The Night Of** 4/8. (S1)
- 1.20 **Gangs of London** 5/9. (S1)
- 2.25 **Gomorrah** 7/12. (S1)
- 3.25 **Babylon Berlin** 1/8. (S2)
- 4.25 **In Treatment** (S3)
- 5.00 to 6.00 AM **Urban Secrets**

+1 hour 208/209

- 7.00 **Stargate SG-1** *Ascension*: 3/22. Carter experiences a blackout and wakes to find she has acquired a new friend. (S5)

- 8.00 **Agatha Raisin** *Agatha Raisin and the Curious Curate - Part One*: 5/6. Agatha's friend Sarah is accused of murder.

- 9.00 **Agatha Raisin** *Agatha Raisin and the Curious Curate - Part Two*: 6/6. Agatha fights to clear Sarah's name. (S2)

- 10.00 **NEW** **Oscars Highlights** The best moments from the 94th Academy Awards ceremony.

- 12.00 M'T **NCIS: New Orleans** 13/16. The team investigate the deadly bar bombing. (S7)
- 1.00 AM **SEAL Team** 8/14. (S5)
- 2.00 **NCIS: New Orleans** 3/20. Pride travels to New York. (S6)
- 3.00 **S.W.A.T.** 9/23. (S2)
- 4.00 **Hawaii Five-0** 21/23. (S2)
- 5.00 to 6.00 AM **Highway Patrol**

- 7.00 **Superstore** 16/22. Amy discovers Mateo and Jeff are dating.
- 7.30 17/22. Amy helps her parents move. (S2)

- 8.00 **Bob's Burgers** 18/23. The Belchers head to Florida.
- 8.30 19/23. The Belchers compete against the Pestos. (S3)

- 9.00 **Family Guy** 12/18. Stewie impregnates himself with Brian's DNA.
- 9.30 13/18. Cleveland and Meg get new jobs. (S13)

- 10.00 **NEW SERIES** **Deep Heat** 1/6. Wrestling comedy.
- 10.30 **New episode** 2/6. See feature, page 6. (S1)
- All episodes on ITV Hub

- 11.00 **Family Guy** 3/18. Peter and Lois open a cookie store. (S13)
- 11.30 **American Dad!** (S13&12)
- 12.25 AM **Bob's Burgers** (S3)
- 1.20 **Superstore** (S2)
- 2.10 **Hey Tracey!** (S2)
- 3.05 to 3.30 AM **Totally Bonkers Guinness World Records**

+1 hour 218 116 29 114

- 7.00 **Heartbeat** *The Frighteners*: One of Kate's patients receives threats, and Greengrass takes the law into his own hands.

- 8.00 **Vera Blood Will Tell**: DCI Vera Stanhope investigates the case of a murdered entrepreneur whose legacy of unpaid debts and ruined lives leaves no shortage of suspects.

- 10.00 **Law & Order: UK** *Skeletons*: 6/6. A body is discovered with a note reading 'They Must Be Destroyed'. (S4)

- 11.05 **Scott & Bailey** 5/8. Janet interviews serial killer Geoff Hastings, who has vowed to reveal the full extent of his crimes. With Kevin Doyle. (S2)
- 12.05 AM **Midsomer Murders** *The Killings at Badger's Drift*.
- 2.05 to 2.30 AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106

REST OF UK 194 162 110

- 12.00 NOON **This Is BBC Scotland**
- 2.00 PM **Sign Zone: The Mart**
- 2.30 **Sign Zone: Scotland's Sacred Islands with Ben Fogle**
- 3.30 **Sign Zone: Grand Tours of Scotland's Lochs**
- 4.00 **This Is BBC Scotland**
- 7.00 **Sportscene: SWPL Highlights**
- 7.30 **The Mart** 6/6. Auctioneer Colin visits rival farmers desperate to outdo each other on sales day.
- 8.00 **Born to Be Wild** April rears a badger cub.
- 9.00 **The Nine**
- 10.00 **River City** **New episode** Lenny reflects on his life.
- 10.30 **TikTok Queen at 16** A Paisley teenager tries to become a full-time social media influencer.
- 11.00 **NEW** **Let's Talk About Sex** An insight into dating in Scotland.
- 11.30 PM to 12.00 AM **M'T Legit**

Sky Comedy

114/115 135 123 346 361

- 8.00 AM **Parks and...**
- 9.00 **Fresh Prince of Bel Air**
- 10.00 **Will & Grace** (S7)
- 11.30 **The Office (US)** (S9)
- 12.00 NOON **The Mindy Project** 21&22/24. (S1)
- 1.00 PM **Miracle Workers: Oregon Trail** (S3)
- 2.00 **A.P. Bio** 8&9/13. (S2)
- 3.00 **Modern Family** (S5)
- 4.00 **Will & Grace** (S4)
- 5.00 **The Office (US)** (S9)
- 5.30 **Fresh Prince of Bel Air**
- 6.30 **Will & Grace** (S7)
- 8.00 **Parks and Recreation**
- 9.00 **Last Week Tonight with John Oliver** **New edition**
- 9.45 **Russell Howard: Right Here Right Now**
- 11.00 **Real Time with Bill Maher** **New edition**
- 12.15 AM **Last Week Tonight with John Oliver**
- 1.00 **A.P. Bio** 5/13. (S1)
- 1.30 **Miracle Workers: Oregon Trail** (S3)
- 2.30 **Sort Of** 5-8/8. (S1)
- 4.30 to 5.00 AM **Everybody Hates Chris**

Sky Arts

130 130 165 140 11 147 364

- 6.00 AM **Highlights**
- 10.00 **Discovering**
- 11.00 **Music Icons**
- 11.30 **Video Killed the Radio Star** Featuring ZZ Top.
- 12.00 NOON **The South Bank Show** **Originals**
- 1.00 PM **Tales of the...**
- 2.00 **Discovering**
- 3.00 **Leonardo's Rediscovered Masterpiece**
- 4.00 **The Sixties**
- 5.00 **Tales of the Unexpected**
- 6.00 **Discovering**
- 7.00 **Inside Art: Van Gogh at the Courtauld Gallery** **New edition**
- 7.30 **André Rieu: Falling in Love - Live in Maastricht 2016**
- 10.30 **Christian Hook: Painting the Invisible**
- 11.35 **Tate Britain's Great Art Walks**
- 12.35 AM **The Banksy Job**
- 2.05 **Offended by Irvine Welsh** Documentary.
- 3.05 to 6.00 AM **Highlights**

Pick

159 156 36 144

- 7.00 AM **Border Security: Canada's Front Line**
- 8.00 **Motorway Patrol**
- 9.00 **Police Force: Australia**
- 10.00 **Police Ten 7**
- 11.00 **Highway Cops**
- 12.00 NOON **Highway Patrol**
- 1.00 PM **Border Patrol**
- 2.00 **Border Security: Canada's Front Line**
- 3.00 **Nothing to Declare**
- 4.00 **Stargate SG-1** (S3)
- 5.00 **Star Trek: The Next Generation** 3/26. (S4)
- 6.00 **Stargate Atlantis** (S1)
- 7.00 **Hawaii Five-0** (S2)
- 8.00 **Killer in My Village**
- 9.00 **The Killer Within**
- 10.00 **Grimm** 14/22. (S2)
- 11.00 **Killer Colleagues**
- 12.00 M'T **Britain's Most Evil Killers** Andrzej Kunowski.
- 1.00 AM **The Force: North East** Documentary.
- 2.00 **Nothing to Declare**
- 3.00 **Border Patrol**
- 4.00 **Motorway Patrol**
- 5.00 to 6.00 AM **Police Force: Australia**

Comedy Central

112/113 181 132 344 370

- 8.00 AM **Last Man Standing**
- 9.00 **My Wife and Kids** (S3)
- 11.00 **Younger** (S6&7)
- 1.00 PM **Friends** (S9&10)
- 8.00 **Friends** 9/18. Monica and Chandler meet the mother of the baby they plan to adopt.
- 8.30 10/18. Chandler is spotted with a beautiful blonde. (S10)
- 9.00 **Michael McIntyre's Big Show** With Rod Stewart.
- 10.00 **Impractical Jokers: Inside Jokes** **New edition**
- 10.30 **Impractical Jokers**
- 11.00 **Rob Beckett's Undeniable**
- 12.00 M'T **Rhod Gilbert's Growing Pains**
- 1.00 AM **Ricky Gervais Show**
- 2.00 **Alex Edelman at the Comedy Store**
- 2.30 **Desiree Burch at the Comedy Store**
- 3.00 **South Park** (S12)
- 3.50 to 5.00 AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 179 28 119

- 7.00 AM **Real Housewives of Cheshire**
- 8.00 **Buying and Selling**
- 9.00 **LittleBe**
- 12.00 NOON **Unboxed**
- 12.30 PM **Real Housewives of Potomac**
- 1.25 **The Real Housewives of Cheshire**
- 2.25 **The Only Way Is Essex**
- 3.10 **Little Women: LA**
- 4.05 **The Real Housewives of Beverly Hills**
- 5.00 **The Real Housewives of Orange County**
- 6.00 **Masters of Flip**
- 7.00 **Buying and Selling**
- 8.00 **Dinner Date**
- 9.00 **Botched: I Want My Life Back** Patients whose lives were never the same after their botched surgeries.
- 10.00 **Botched**
- 11.00 **Atlanta Plastic**
- 11.55 **The Only Way Is Essex**
- 12.40 to 1.00 AM **Unwind**

+1 hour 120 58

ITV4

120 120 818 118 178 26 117

- 6.00 AM **The Champions**
- 6.50 **The Avengers**
- 7.55 **The Professionals**
- 8.55 **Minder**
- 10.05 **The Champions**
- 11.10 **The Avengers**
- 12.10 PM **River Monsters**
- 12.45 **LIVE Snooker: Tour Championship** The afternoon session on day one from Venue Cymru in Llandudno.
- 4.00 **The Professionals**
- 5.00 **Minder**
- 6.05 **Extreme Salvage Squad**



10.30 **Predators**

- 7.00 **World of Sport** A look back at the glory days of British wrestling.
- 7.15 **LIVE Snooker: Tour Championship** Jill Douglas presents coverage of the evening session on day one from Venue Cymru in Llandudno, featuring the conclusion of a quarter-final match. Commentary by David Hendon and Phil Yates.

10.30 **FILM Predators** Sci-fi action sequel starring Adrien Brody. (2010, 15, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.40 AM **The Professionals** Stopover: Bodie and Doyle are pitted against KGB assassins.
- 1.45 **Minder** A Number of Old Wives' Tales: Arthur and Terry attend Clive's wedding. Guest stars Patrick Mower.
- 2.55 to 3.00 AM **Unwind with ITV**

+1 hour 220 175 60 118

Syfy

152 152 836 139 138 347 362

- 6.00 AM **Quantum Leap** (S2)
- 7.00 **Star Trek: Enterprise** (S4)
- 8.00 **Teleshopping**
- 11.00 **Star Trek: Voyager** (S2)
- 12.00 NOON **Stargate Atlantis** (S4)
- 1.00 PM **The Librarians** 3/10. (S3)
- 2.00 **V** 13/19. (S3)
- 3.00 **Fringe** As 8.00pm.
- 4.00 **Stargate Atlantis** 3/20. (S4)
- 5.00 **Stargate SG-1** 17/22. (S3)
- 6.00 **Star Trek: Enterprise** 14/22. Archer visits Shran's icy homeland in search of a species called the Aenar. (S4)



9.00 **Fortitude**

- 7.00 **Quantum Leap** *Freedom*: 16/22. A Native American is arrested for attempting to help his grandfather die with dignity. (S2)
- 8.00 **Fringe** *A Short Story About Love*: 15/22. The team investigate a perfume-maker who preys on widows. (S4)
- 9.00 **Fortitude** 6/11. Morton uncovers new information about Billy Pettigrew's death, while Hildur makes a heartbreaking discovery.

10.00 **Fortitude** 7/11. Dan and Morton's attention turns to schoolteacher Markus and his increasingly strange behaviour. (S1)

- 11.00 **FILM Armed Response** Action thriller starring Wesley Snipes. (2017, 15, 93min) ★
- 1.00 AM **Stargate SG-1** (S3)
- 2.00 **Stargate Atlantis** (S4)
- 3.00 **Star Trek: Enterprise** (S4)
- 4.00 **Star Trek: Voyager** (S2)
- 5.00 to 6.00 AM **Fringe**

+1 hour 229

Alibi

132 132 827 126 212

- 7.10 AM **Murdoch Mysteries**
- 9.00 **Unforgettable** 12/13. (S2)
- 10.00 **Major Crimes** 8/23. (S4)
- 11.00 **Rizzoli & Isles** 16/16. (S4)
- 12.00 NOON **Death in Paradise**
- 1.00 PM **Father Brown**
- 2.00 **Murdoch Mysteries** (S11)
- 4.00 **Unforgettable** 9/13. (S2)
- 5.00 **Major Crimes** 9/23. Rusty searches for closure. (S4)
- 6.00 **Death in Paradise** 8/8. A woman's murder uncovers a case of money-laundering and secret identity. (S1)



9.00 **Miss Scarlet and the Duke**

- 7.00 **Rizzoli & Isles** *You're Gonna Miss Me When I'm Gone*: 16/16. A senator's daughter is found murdered. (S4)
- 8.00 **Hudson & Rex** *Haunted by the Past*: 3/16. Donovan asks Charlie to spy on his daughter. (S1)

9.00 **Miss Scarlet and the Duke** 1/6. Crime drama set in Victorian London, starring Kate Phillips and Stuart Martin. (S1)

10.00 **Annika** 1/6. Crime drama starring Nicola Walker. The team are called in to solve the murder of a man found in the Clyde. (S1)

- 11.00 **Traces** 6/6. Sarah tries to prevent another explosion. (S2)
- 12.00 **Ragdoll** 6/6. Baxter and Edmunds are faced with a difficult decision. (S1)
- 1.00 AM **Death in Paradise** (S2)
- 2.00 to 4.00 AM **Murdoch Mysteries**

+1 hour 232 191

GOLD

110/111 110/111 124 343 358

- 7.05 AM **Highlights**
- 8.30 **dinnerladies**
- 9.10 **Hi-de-Hi!**
- 9.50 **Last of the Summer Wine**
- 11.05 **The Green Green Grass**
- 11.50 **Dad's Army**
- 1.10 PM **Victoria Wood**
- 1.50 **Hi-de-Hi!**
- 2.30 **Desmond's**
- 3.10 **The Green Green Grass**
- 3.50 **Dad's Army**
- 4.30 **Last of the Summer Wine**
- 5.50 **Hi-de-Hi!**
- 6.30 **Desmond's**



7.05 **The Green Green Grass**

- 7.05 **The Green Green Grass** Boycie discovers a medieval liquor recipe.
- 7.45 **Dad's Army** The platoon take part in an exercise with the regular army.
- 8.25 **Gavin & Stacey** First episode. Stacey travels from Wales to London to meet Gavin in person.

9.00 **NEW SERIES Newark, Newark** 1/3. Comedy starring Jai Hollis. See feature, page 8. (S1)

9.40 **The Good Life** Barbara and Tom's work begins to disturb the neighbours.

10.20 **Not Going Out** Lee checks himself for lumps.

- 11.00 **Peep Show** Sophie reveals the identity of her baby's father.
- 11.35 **Jeremy** falls in love.
- 12.10 AM **French and Saunders**
- 12.50 **Victoria Wood**
- 1.30 **The Good Life** As 9.40pm.
- 2.20 **Not Going Out** As 10.20pm.
- 2.50 to 4.00 AM **Peep Show**

+1 hour 210/211 194

Dave

111/112 127 227 19 157

- 7.05 AM **Sin City Motors**
- 7.55 **Timber Kings**
- 8.55 **Storage Hunters UK**
- 9.55 **Top Gear**
- 11.00 **Expedition with Steve Backshall** The Himalayas.
- 12.00 NOON **Top Gear**
- 1.00 PM **Border Force: America's Gatekeepers**
- 2.00 **Expedition with Steve...**
- 3.00 **Rick Stein: Venice to Istanbul**
- 4.00 **Red Bull Soapbox Race**
- 5.00 **Rick Stein's India**
- 6.00 **Taskmaster**



7.40 **Room 101**

- 7.00 **Richard Osman's House of Games** With Hugh Dennis and Nish Kumar.
- 7.40 **Room 101** With Gabby Logan, Richard Ayoade, and Alun Cochrane.
- 8.20 **Would I Lie to You?** With panellists Keeley Hawes, Stephen Mangan, Kevin Bridges and Brian Cox.

9.00 **QI** Sandi Toksvig 'quarrels' with regular panellist Alan Davies and guests Jason Manford, Aisling Bea and Anuvab Pal.

10.00 **Have I Got a Bit More Old News for You** Alexander Armstrong hosts, with Roisin Conaty and James O'Brien.

- 11.00 **Mel Giedroyc: Unforgivable** With Lorraine Kelly.
- 12.00 **M'T Hypothetical**
- 1.00 AM **QI XL** With Sara Pascoe.
- 1.40 **Would I Lie to You?**
- 2.15 **Live at the Apollo**
- 3.00 to 4.00 AM **Misadventures of Romesh Ranganathan**

+1 hour 211 131 74

GREAT! tv

157 189 50 142

- 6.00 AM **Charlie's Angels**
- 7.00 **Crazy Like a Fox** (S2)
- 8.00 **Highway to Heaven**
- 10.00 **FILM Lying To Be Perfect** Comedy. (2010, PG, 89min) ★★
- 11.50 **GREAT! Movie News**
- 12.00 NOON **Sue Thomas: F.B. Eye** 19/19. (S3)
- 1.00 PM **Perception** (S2)
- 2.00 **Body of Proof** (S2)
- 3.00 **Castle** 19/22. (S8)
- 4.00 **Murder, She Wrote**
- 7.00 **M*A*S*H** Four episodes of the series, including at: 8.00 7/20. Klinger signs up for a further six years. 8.30 8/20. Major Winchester is left in charge of the camp. (S9)
- 9.00 **Who Wants to Be a Millionaire?** Four editions of the quiz.
- 1.00 AM **M*A*S*H** (S9)
- 3.00 **Hart to Hart** 5/24. (S3)
- 3.45 **Crazy Like a Fox** (S2)
- 4.30 to 6.00 AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 203 49 127

- 9.00 AM **Four in a Bed**
- 9.30 **Couples Come Dine with Me** In Manchester.
- 10.30 **A New Life in the Sun**
- 11.30 **A Place in the Sun**
- 2.30 PM **Come Dine with Me**
- 5.00 **A Place in the Sun**
- 6.00 **A New Life in the Sun**
- 7.00 **Location, Location, Location** House-hunters look for properties in north London.
- 8.00 **Grand Designs** A couple building a home-cum-work of art in south Devon.
- 9.00 **Gogglebox** Double bill.
- 11.05 **The Great Celebrity Bake Off for Stand Up to Cancer** Emma Willis, Clara Amfo, Alex Horne and Blake Harrison take part.
- 12.25 AM **Rescue: Extreme Medics** Documentary.
- 1.30 **Police Custody USA**
- 2.35 **8 Out of 10 Cats Does Countdown**
- 3.35 to 4.35 AM **First Dates**

+1 hour 241 185 130

5USA

141 141 153 21 129

- 9.00 AM **NCIS** (S8)
- 11.55 **Entertainment News**
- 12.00 NOON **Law & Order**
- 4.55 PM **Entertainment News**
- 5.00 **Law & Order** (S19)
- 6.00 **NCIS** Four episodes of the series, including at: 9.00 *Misconduct*: 13/16. team investigate a biker killed in a hit-and-run incident. (S18)
- 10.00 **Law & Order: Special Victims Unit** *Street Revenge*: 19/23. The detectives try to track down a serial rapist. 11.00 *Father Dearest*: 20/23. The team investigate a man preying on the daughters he fathered through a sperm bank. (S13)
- 11.55 **Law & Order: Special Victims Unit** (S13)
- 1.50 AM **Law & Order: Criminal Intent** (S1)
- 3.35 to 4.00 AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

- 8.00 AM **999: Criminals Caught on Camera**
- 8.20 **Shoplifters & Scammers**
- 9.10 **Filthy House SOS**
- 10.10 **Judge Judy**
- 12.00 NOON **Traffic Cops**
- 2.00 PM **Police Interceptors**
- 5.00 **Shoplifters & Scammers**
- 6.00 **Home and Away**
- 7.00 **Caught on Camera: Funniest Moments**
- 8.00 **Dream Home Makeovers** with Sophie Robinson
- 9.00 **Skin A&E** *New edition*
- 10.00 **Adults Only: Paid to Be Naked**
- 11.00 **Adults Only: Pain for Pleasure**
- 12.00 **M'T Call the Bailiffs: Time to Pay Up**
- 1.00 AM **Million Pound Motorhomes**
- 2.00 **Tattoo Disasters UK**
- 3.00 **Judge Judy**
- 3.45 to 4.00 AM **Entertainment News**

+1 hour 228 186 141

W

109/110 125 211 25 156

- 6.10 AM **My Dream Home**
- 8.00 **Tipping Point**
- 10.00 **The Bill**
- 11.00 **Inside the Vets**
- 12.00 NOON **Inside the Ambulance**
- 2.00 PM **Tipping Point**
- 4.00 **My Dream Home**
- 6.00 **MasterChef USA: Legends** With guest judge Emeril Lagasse.
- 7.00 **Property Brothers: Forever Homes**
- 8.00 **NEW SERIES Inside the Ambulance** Crews attend an explosion and a motorcyclist who has spun off the road.
- 9.00 **Stacey Dooley Sleeps Over** A look at the 'tradwife' community.
- 10.00 **Stacey** meets a married couple who live a polyamorous life.
- 11.00 **Inside the Ambulance**
- 12.00 **M'T 999 Rescue Squad**
- 1.00 to 3.00 AM **Tipping Point**

+1 hour 209/210 190

Drama

143 130 20 158

- 7.05 AM **Brush Strokes**
- 7.35 **Hetty Wainthropp Investigates**
- 8.35 **The Bill**
- 9.35 **Classic Holby City**
- 11.00 **Classic Casualty**
- 12.00 NOON **The Bill**
- 1.00 PM **Classic EastEnders**
- 2.20 **Hetty Wainthropp Investigates**
- 3.20 **Lovejoy**
- 4.20 **Pie in the Sky**
- 5.20 **Brush Strokes**
- 6.00 **Are You Being Served?**
- 6.40 **Last of the Summer Wine** Double bill.
- 8.00 **Inspector George Gently** *Gently Going Under*: Bacchus and Gently investigate the death of a miner.
- 10.00 **New Tricks** *Communal Living*: The team look into the death of a student.
- 11.20 **Silent Witness**
- 1.55 AM **Kavanagh QC**
- 3.10 to 4.00 AM **Where the Heart Is**

+1 hour 243 226 60

CBS Drama

147 197 68 134

9.00 AM Perry Mason
 11.00 Matlock 7/22. (S6)
 12.00 NOON Medium (S1)
 1.00 PM JAG 12&13/24. (S6)
 3.00 Perry Mason
 5.00 Unsolved Mysteries
 6.55 Judge Judy Real-life small-claims cases.
 9.00 Medium *In Sickness and Adultery*: 5/16. Allison has a dream in which the location of a murder weapon is revealed, but later finds herself called to court to explain how she knew where it would be found. (S1)
 10.00 Unsolved Mysteries A possible haunting at the home of suspected axe murderer Lizzie Borden.
 11.00 The story of a former UFO sceptic who had a close encounter.
 11.55 Judge Judy
 2.00 AM Medium As 9pm.
 3.00 Evidence of Evil
 4.00 Something's Killing Me
 4.55 to 6.00 AM Matlock

CBS Justice

148 192 41 137

9.00 AM Diagnosis Murder
 11.00 The Fugitive (S3)
 12.00 NOON Perry Mason
 1.05 PM Walker, Texas Ranger 21&22/25 (S7)
 3.00 CSI: Miami 14/24. (S3)
 4.00 NCIS 13/24. (S10)
 5.00 The Fugitive (S3)
 6.00 Perry Mason
 7.05 Walker, Texas Ranger 23&24/25. (S7)
 9.00 CSI: Miami *One-Night Stand*: 14/24. Horatio and his team investigate two murders at the same hotel. (S3)
 10.00 NCIS *Hit-and-Run*: 13/24. A Marine lance corporal is involved in a fatal car crash. (S10)
 11.00 Diagnosis Murder
 1.00 AM Walker, Texas Ranger 23&24/25. (S7)
 2.55 JAG 7/24. (S3)
 3.55 Donal MacIntyre: Unsolved
 4.40 to 6.00 AM Medical Detectives

Challenge

160 160 48 146

7.00 AM The Chase
 10.00 Play Your Cards Right
 11.00 The Price Is Right
 12.00 NOON Wheel of Fortune
 1.00 PM Catchphrase
 2.00 Family Fortunes
 3.00 Lily Savage's Blankety Blank Triple bill of the comedy quiz show.
 5.00 Bullseye Double bill of the darts-based quiz.
 6.00 Tenable Five neighbours from Lancashire take part in the quiz show.
 7.00 Pointless Celebrities A crime-related edition, with contestants including Lisa Maxwell, Jack Ellis, Sue Cook and Donal MacIntyre.
 8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
 10.00 Who Wants to Be a Millionaire? Quiz show.
 11.00 Bullseye Double bill of the darts-based quiz.
 12.00 M'T The Chase
 5.00 to 6.00 AM Bullseye

E!

151 151 835 164 163

7.00 AM Kourtney and Khloe Take the Hamptons
 8.00 Keeping Up with the Kardashians
 10.00 True Hollywood Story
 11.00 E! Live from the Red Carpet: Oscars 2022
 1.00 PM Keeping Up with the Kardashians: The Final Curtain
 3.00 Keeping Up with the Kardashians
 8.00 Botched Terry Dubrow lifts a woman's spirits and her sagging breasts.
 9.00 A patient is concerned about her bottom implants.
 10.00 A woman with four implants in her chest seeks help to remove them.
 11.00 Temptation Island
 1.00 AM Kourtney and Khloe Take the Hamptons
 2.00 Teleshopping
 3.00 Mariah's World
 4.00 to 5.00 AM Second Wives Club

Sky Documentaries

121 121 819 278 277 352 367

6.00 AM I Am Steve McQueen Documentary.
 7.45 My Icon: Ebony Rainford-Brent
 8.00 Richard E Grant's Hotel Secrets
 9.00 Discovering: Mel Gibson
 10.00 The Directors
 11.00 Too Young to Die
 12.00 NOON The Nineties
 12.50 PM Expecting Amy
 2.00 I Am Heath Ledger
 3.40 My Icon: John Amaechi
 4.00 Discovering: Mel Gibson
 5.00 The Directors
 6.00 Too Young to Die
 7.00 The Nineties
 7.50 Expecting Amy
 9.00 **FILM 89** Football documentary. (2017, PG, 91min) ★★★
 10.50 Disgraced
 12.50 AM The Swamp
 2.50 Leftover Women
 4.30 PL Legends: Michael Owen
 5.00 to 6.00 AM Richard E Grant's Hotel Secrets

Sky Nature

124 124 822 280 279 354 369

6.00 AM The Wild Wild East
 7.00 Monkey Life
 8.00 Pridelands: Wilderness Reborn Documentary.
 9.00 Undiscovered Vistas
 10.00 Amazing Animal Friends
 11.00 Orangutan Jungle School Documentary.
 12.00 NOON Hope for Wildlife
 1.00 PM Monkey Life
 2.00 Pridelands...
 3.00 Undiscovered Vistas
 4.00 Amazing Animal Friends
 5.00 Orangutan Jungle...
 6.00 Hope for Wildlife
 7.00 Monkey Life Double bill.
 8.00 David Attenborough's Global Adventure: Home Planet
 9.00 Wild Rockies
 10.00 Orangutan Jungle...
 11.00 Hope for Wildlife
 12.00 M'T My Garden of a Thousand Bees
 1.00 AM Gangs of Lemur Island Documentary.
 2.00 Global Adventure...
 3.00 Wild Rockies
 4.00 to 6.00 AM Highlights

HGTV

158 286 44 166

7.00 AM Homes Under the Hammer In Derbyshire.
 8.00 Fantasy Homes by the Sea From North Devon.
 9.00 A Place in the Sun: Home or Away
 10.00 Escape to the Country
 12.00 NOON Love Your Garden In East Sussex.
 1.00 PM Fixer Upper
 2.00 A Place in the Sun
 3.00 Fantasy Homes by...
 4.00 Building the Dream
 5.00 Homes Under the...
 6.00 A Place in the Sun
 7.00 Escape to the Country
 8.00 Love Your Garden
 9.00 My Mortgage Free Home *New edition*
 10.00 No Demo Reno *New edition*
 11.00 Fixer Upper
 12.00 M'T Escape to the Country From Cornwall.
 1.00 AM Building the Dream
 2.00 Homes Under the...
 3.00 to 4.00 AM Island Life
+1 hour 258 290

Food Network

140 285 43 148

6.00 AM Highlights
 8.00 Guy's Grocery Games *New edition*
 9.00 The Hairy Bikers: Mums Know Best
 10.00 French Country Cooking
 11.00 Nigel's Simple Suppers
 12.00 NOON The Great British Bake Off
 1.00 PM Friday Night Feast
 2.00 Martin's Mediterranean
 3.00 Rachel's Easy Meals
 4.00 River Cottage
 5.00 The Pioneer Woman
 5.30 Delicious Miss Brown *New edition*
 6.00 Barefoot Contessa: Back to Basics *New edition*
 6.30 Girl Meets Farm
 7.00 Great British Bake Off
 8.00 James Martin's French Adventures *New edition*
 9.00 Tom's Proper Pub Food
 10.00 Nigel's Simple Suppers
 11.00 Restaurant: Impossible
 12.00 M'T Guy's Grocery...
 1.00 to 3.00 AM Highlights
+1 hour 240 149

DMAX

172 171 39 150

6.00 AM Salvage Dawgs
 7.00 Tanked
 8.00 Treehouse Masters
 9.00 Yukon Men
 10.00 Alaska: Last Frontier
 11.00 Life Below Zero
 12.00 NOON Last Alaskans
 1.00 PM Building Alaska
 2.00 Maine Cabin Masters
 3.00 Jade Fever
 4.00 Destroyed in Seconds
 5.00 Alaskan Bush People
 6.00 Outback Opal Hunters
 7.00 Deadliest Catch
 8.00 Alaska: Last Frontier
 9.00 Curse of the Bermuda Triangle Documentary.
 10.00 NASA's Unexplained Files A space object.
 11.00 Life Below Zero
 12.00 M'T Edge of Alaska
 1.00 AM Naked and Afraid
 2.00 Kindig Customs
 3.00 Bear Grylls: Born Survivor
 3.50 Tanked
 4.40 to 6.00 AM Highlights
+1 hour 272 214 151

5Action

150 187 150 33 132

9.00 AM Entertainment News
 9.10 Traffic Cops
 11.05 Trucking Hell
 12.10 PM **FILM** Damn the Defiant! Adventure. (1962, PG, 97min) ★★★
 2.15 **FILM** The Spoilers Western. (1942, b/w, PG, 87min) ★★
 4.00 Trucking Hell: Extreme Road Rescue
 5.00 Traffic Cops
 7.00 999: Criminals Caught on Camera
 8.00 Trucking Hell A trailer carrying two modular buildings catches fire.
 9.00 **FILM** Lone Wolf McQuade Action drama. (1983, 15, 107min) ★
 11.15 **FILM** Code of Silence Action thriller. (1985, 18, 101min) ★★
 1.10 AM Car Crash TV
 2.10 Fights, Camera, Action!
 4.05 Domsday: Caught on Camera
 4.50 to 5.00 AM Entertainment News

Sky Crime

122 122 820 137 136 348 363

6.00 AM Highway Patrol
 7.00 Caught Red Handed
 8.30 Customs UK
 9.00 Nothing to Declare
 10.00 Brit Cops
 11.00 Road Wars
 12.00 NOON Murders That Shocked the Nation
 1.00 PM New York Homicide
 2.00 Britain's Most Evil Killers
 3.00 World's Most Evil Killers
 4.00 Killer in My Village
 5.00 Killer Neighbours
 6.00 World's Most Evil Killers
 7.00 Killer in My Village
 8.00 Britain's Most Evil Killers
 9.00 Forensics: Catching the Killer Documentary.
 10.00 Snapped
 11.00 Britain's Most Evil Killers
 12.00 M'T World's Most Evil...
 1.00 AM Catching a Serial Killer: Sam Little
 2.35 Murders That Shocked...
 3.30 Brit Cops
 4.30 to 6.00 AM Motorway Patrol
+1 hour 222 207

CBS Reality

146 148 67 135

9.00 AM Judge Judy
 1.00 PM Judge Judy
 7.00 Medical Detectives Police try to link two cases of alleged murder.
 7.30 A mother and child are reported missing.
 8.00 Case One: Operation Edgewater The death of an Auckland taxi driver.
 9.00 Murder By the Sea The murder of a part-time actor triggers a nationwide manhunt.
 10.00 Cold Justice *New edition* Kelly Siegler and Tonya Rider investigate the shocking murder of Leola Jordan.
 11.00 Fatal Vows
 12.00 M'T Teens Who Kill
 1.00 AM Murder By the Sea
 2.00 Cold Justice
 3.00 Case One: Operation Edgewater As 8pm.
 3.45 Unsolved Mysteries
 5.10 to 6.00 AM Celebrity Damage Control
+1 hour 246 201 136

Really

142 128 17 160

6.00 AM Celebrity Fantasy Homes With Camilla Dallerup and Kevin Sacre.
 7.00 Teleshopping
 8.00 Homes Under the Hammer Double bill.
 10.00 Antiques Road Trip
 12.00 NOON Money for Nothing A dining table.
 1.00 PM A Place in the Sun
 2.00 Animal Cops Houston
 4.00 Pit Bulls & Parolees
 5.00 Countryside 999
 6.00 Money for Nothing
 7.00 Celebrity Antiques Road Trip With Neil Morrissey.
 8.00 Antiques Road Trip
 9.00 Dales for Sale *New edition* Helping people looking for homes in the Yorkshire Dales.
 10.00 The Repair Shop
 11.00 This Cop Life
 12.00 M'T Ghost Adventures
 1.00 AM Kindred Spirits
 2.00 Teleshopping
 4.00 Animal Cops Houston
 5.00 to 6.00 AM Pit Bulls & Parolees

Blaze

164 216 64 162

6.00 AM Hardcore Pawn
 7.55 American Restoration
 8.25 Ancient Aliens
 10.20 Storage Wars Canada
 11.15 Storage Wars
 12.10 PM Pawn Stars
 2.05 Hardcore Pawn
 4.00 Ancient Aliens
 6.00 UFO Hunters
 7.00 Unidentified: Inside America's UFO Investigation
 8.00 UFOs: The White House Files
 9.00 The Phenomenon
 11.15 WW2 Mystery: Foo Fighters
 12.15 AM Roswell: The First Witness
 1.10 UFOs: The White House Files
 2.00 Unidentified: Inside America's UFO Investigation
 3.00 UFO Hunters
 3.45 Alien Files: Unsealed
 4.35 to 6.00 AM Pawn Stars
+1 hour 81

TLC

133 133 828 167 323 377

6.00 AM Say Yes... UK
 8.00 Say Yes... Lancashire
 9.00 Curvy Brides Boutique
 10.00 Say Yes to the Dress
 11.00 Extreme Couponing
 12.00 NOON Nate & Jeremiah by Design
 1.00 PM Good Bones
 2.00 Sister Wives
 4.00 Dr Pimple Popper
 5.00 sMothered
 6.00 Love After Lock Up
 7.00 Sister Wives
 8.00 Doubling Down with the Derricos *New edition*
 9.00 Celebrity IOU With actor Jeremy Renner.
 10.00 Heartbreak Island
 11.00 Seeking Sister Wife
 12.00 M'T Doubling Down with the Derricos
 1.00 AM Sister Wives
 2.00 Heartbreak Island
 3.00 Say Yes... UK
 5.00 to 6.00 AM Say Yes to the Dress: Lancashire
+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM GPs: Behind Closed Doors Documentary.
 10.00 The Yorkshire Vet
 11.00 The Yorkshire Vet Casebook
 12.00 NOON The Dog Rescuers with Alan Davies Double bill.
 2.00 PM GPs: Behind Closed Doors Triple bill.
 5.00 The Yorkshire Vet
 6.00 Watercolour Challenge
 7.00 The Highland Vet
 9.00 The Highland Midwife
 10.00 Walking Britain's Lost Railways A railway line that cut a path through the Peak District.
 11.00 Rob Bell heads to the industrial heartlands of north-east England.
 12.00 M'T Walking Tudor England The Weald.
 1.00 AM Inside the Tower of London Documentary.
 2.00 The Space Shuttle: Triumph & Tragedy
 3.50 to 4.00 AM Entertainment News

Quest

144 144 834 169 12 114 172

6.00 AM How Do They Do It?
 6.20 Find It, Fix It, Flog It
 7.10 Shed and Buried
 8.00 The Repair Shop
 9.00 Kings of the Wood
 10.00 Chasing Classic Cars
 11.00 Vintage Voltage
 12.00 NOON Wheeler Dealers
 1.00 PM Antiques Road Trip
 2.00 The Repair Shop
 3.00 Find It, Fix It, Flog It
 4.00 Salvage Hunters
 5.00 Salvage Hunters: The Restorers
 6.00 Wheeler Dealers
 7.00 Aussie Gold Hunters
 8.00 Salvage Hunters
 9.00 Outback Opal Hunters *New edition*
 10.00 Hunting Atlantis *New edition*
 11.00 How Do They Do It?
 12.00 M'T Wheeler Dealers
 1.00 AM Disasters at Sea
 2.00 Iron Resurrection
 3.00 Fantomworks
 4.00 to 6.00 AM Highlights
+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM Say Yes to the Dress: UK Double bill.
 7.00 Say Yes... Atlanta
 8.00 Say Yes... Vegas Dress
 9.00 Animal Cops Houston
 10.00 Animal Cops Philadelphia
 11.00 Forensic Detectives
 1.00 PM Reasonable Doubt
 2.00 Disappeared
 3.00 Til Death Do Us Part
 4.00 Curvy Brides Boutique
 5.00 Say Yes... UK
 7.00 Long Lost Family
 8.00 Dr Pimple Popper
 9.00 Born with Two Heads: Body Bizarre
 10.00 Emergency
 11.00 Children of the Cult
 12.00 M'T Forensic Detectives
 1.00 AM Murder on CCTV
 2.00 Murder Comes to Town
 3.00 FBI Files
 3.50 Animal Cops Phoenix
 4.40 Saving Britain's Wildlife
 5.30 to 6.00 AM Say Yes to the Dress
+1 hour 249 71 170

Discovery

125 125 823 250 322 376

- 6.00 AM Wheeler Dealers
- 7.00 Deadliest Catch
- 8.00 Alaska: Homestead Rescue
- 9.00 Alaska: The Last Frontier
- 10.00 Combat Dealers
- 11.00 Wheeler Dealers: Dream Car
- 12.00 NOON Railroad Alaska
- 1.00 PM Gold Rush: White Water
- 3.00 World's Biggest Shipbuilders
- 4.00 Building Off the Grid
- 5.00 Wheeler Dealers
- 6.00 Fast N' Loud Actor Barry Williams hires Richard and the team to build a station wagon.



10.00 Texas Metal

7.00 **Outback Truckers** As Australia prepares for a lockdown, Steve Grahame races to beat a border shutdown.

8.00 **Bad Chad Customs** The team convert a local trucker's 1934 Oldsmobile sedan into a unique dump truck.

9.00 **Wheeler Dealers: Dream Car** *New edition* The guys race to get a man his dream Caterham sports car.

10.00 **Texas Metal** *New edition* The crew blend old and new when a client wants to radically redesign her 1974 Eldorado.

- 11.00 Combat Dealers
- 12.00 M'T Wheeler Dealers: Dream Car As 9pm.
- 1.00 AM Texas Metal As 10pm.
- 2.00 Moonshiners
- 3.00 Wheeler Dealers: Dream Car
- 4.00 Fast N' Loud
- 4.50 Wheeler Dealers
- 5.40 to 6.00 AM How It's Made

+1 hour 225 258

Animal Planet

162 251 325 378

- 8.00 AM The Zoo
- 9.00 Bad Dog!
- 10.00 Animal Precinct
- 11.00 How Do Animals Do That?
- 12.00 NOON Saved By the Barn
- 1.00 PM Scaled
- 2.00 Pit Bulls & Parolees
- 3.00 America's Cutest Pets
- 4.00 Bad Dog!
- 5.00 **Dogs: The Untold Story** Canines specially trained to serve in challenging roles.
- 6.00 **Edge of Alaska** Jeremy walks a bull calf through bear country.



6.00 Edge of Alaska

7.00 **How Do Animals Do That?** Double bill of editions. Experts explore the science behind amazing animal facts.

8.00 **Coyote Peterson: Brave the Wild** Coyote searches for the most elusive creature of his Australian trip, the perentie lizard.

9.00 **Alaska: Homestead Rescue** An Arizona homestead faces deadly monsoon floods and a menacing cougar.

10.00 **I Was Prey** The story of a man who was bitten by a rattlesnake, leading to a dramatic fight to survive.

- 11.00 Tanked Wayde and Brett build a 24ft-long tank with individual sleeping pods.
- 12.00 M'T Finding Bigfoot
- 1.00 AM How Do Animals Do That? Double bill.
- 2.00 Pit Bulls & Parolees
- 3.00 America's Cutest Pets
- 4.00 to 5.00 AM Bad Dog!

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

- 8.00 AM Ancient China From Above Documentary.
- 9.00 Lost Tombs of the Pyramids
- 10.00 Bloody Tales of the Tower
- 11.00 Drain the Oceans
- 12.00 NOON Nazi Weird War Two
- 1.00 PM WW2: Hell Under the Sea
- 2.00 Nazi Megastructures
- 3.00 Air Crash Investigation
- 5.00 **To Catch a Smuggler** CBP finds a smuggler of so-called crazy pills at JFK.
- 6.00 **Car S.O.S** Fuzz Townshend and Tim Shaw take on a 1980 Ford Escort RS2000.



9.00 Trafficked with Mariana...

7.00 **Car S.O.S** Tim Shaw and Fuzz Townshend get to grips with a 1971 Lamborghini Espada.

8.00 **To Catch a Smuggler** *New edition* CBP face a surge of meth coming into Calexico, and question an alleged sex tourist.

9.00 **Trafficked with Mariana Van Zeller** *New edition* The reporter meets the alleged villains behind an online romance scam.

10.00 **America's Hardest Prisons** Life behind bars at some of America's strictest maximum-security prisons.

- 11.00 Air Crash Investigation
- 12.00 M'T Alaska: The Next Generation Temperatures drop to record lows.
- 1.00 AM Ice Road Rescue
- 2.00 Lawless Island
- 3.00 Pacific War Megawrecks: Drain the Ocean
- 4.00 to 5.00 AM Drain the Oceans

+1 hour 229 267

Sky History

123 123 821 270 353 368

- 6.00 AM The UnXplained with William Shatner
- 8.00 Pawn Stars
- 9.00 American Pickers
- 11.00 Curse of the Ancients
- 12.00 NOON Egypt's Unexplained Files Documentary.
- 1.00 PM Forged in Fire
- 2.00 American Pickers
- 4.00 The UnXplained with William Shatner
- 5.00 **Conspiracy Rising** Exploring the nature and dangers of conspiracy theories.
- 6.00 Pawn Stars Double bill.



9.00 Curse of the Ancients

7.00 **Forged in Fire** Four former winners return to the forge for the biggest twist in the show's history.

8.00 **American Pickers** *New edition* The shop gets a face-lift when Mefford calls in the experts for a paint job.

9.00 **Curse of the Ancients** *New edition* Alice Roberts examines the disastrous final days of the Roman Empire.

10.00 **NEW SERIES Caesar's Doomsday War** 1/2. Archaeologists investigate the story of how Julius Caesar rose to power.

- 11.00 Ancient Discoveries How an ancient army fought its way through a seven-mile fleet.
- 12.00 M'T Secrets of the Lost Ark
- 1.00 AM American Pickers
- 2.00 Forged in Fire As 7.00pm.
- 3.00 Ancient Discoveries
- 4.00 Egypt's Unexplained Files
- 5.00 to 6.00 AM Pawn Stars

+1 hour 223 271

Yesterday

155 129 27 159

- 6.00 AM Antiques Roadshow
- 8.00 **Nazi Victory: The Post-War Plan** Documentary.
- 9.00 World War Weird
- 10.00 Abandoned Engineering
- 12.00 NOON The Architecture The Railways Built
- 1.00 PM Great British Railway Journeys Double bill.
- 2.00 Abandoned Engineering
- 4.00 **Nazi Victory: The Post-War Plan** Documentary.
- 5.00 World War Weird
- 6.00 **Michael Palin's New Europe** Croatia, Bosnia and Serbia.



8.00 Abandoned Engineering

7.00 **Great British Railway Journeys** Scotland's smallest railway station. 7.30 Scotland's Victorian gold rush.

8.00 **Abandoned Engineering** *New edition* The remains of a pioneering industry town in Ohio, and a once beautiful Croatian resort.

9.00 **Hornby: A Model World** First-time modeller Simon builds Britain's biggest model railway layout from his memory.

10.00 **Bangers and Cash** Dave finds a very rare 1970s Sunbeam Lotus that has been rotting away on a farmyard for 29 years.

- 11.00 Abandoned Engineering A settlement in Argentina destroyed by floods, and a Soviet dream-town that turned into a nuclear nightmare.
- 12.00 M'T Great British Railway Journeys Double bill.
- 1.00 to 3.00 AM Antiques Roadshow

+1 hour 255 200 75

Disc. History

177 257

- 6.00 AM Tony Robinson's World War One
- 7.00 Codes and Conspiracies
- 8.00 HMS Ark Royal
- 9.00 Truth Behind the...
- 10.00 Engineering Mistakes
- 11.00 Codes and Conspiracies
- 12.00 NOON Combat Dealers
- 1.00 PM Expedition Unknown
- 2.00 Greatest Events of WW2
- 3.00 Blowing Up History
- 4.00 Mysteries at the...
- 5.00 HMS Ark Royal
- 6.00 Truth Behind the Moon Landing
- 7.00 Expedition Unknown
- 8.00 Combat Dealers
- 9.00 The Unexplained Files
- 10.00 NASA's Unexplained...
- 11.00 Aircraft Stories
- 12.00 M'T Combat Dealers
- 2.00 AM NASA's Unexplained Files
- 3.00 Aircraft Stories
- 4.00 Blowing Up History
- 5.00 to 6.00 AM Mysteries at the Museum

+1 hour 277 261

Eden

166 245 247

- 9.00 AM The Zoo
- 10.00 Yellowstone Journals
- 11.00 Yellowstone
- 12.00 NOON Sea of Creepy Monsters
- 1.00 PM Blue Planet II
- 2.00 The Zoo
- 3.00 Frontier Borneo
- 4.00 Equator: Line of Life
- 5.00 Yellowstone
- 6.00 Blue Planet II
- 7.00 Yellowstone Journals
- 8.00 The Zoo
- 9.00 Equator: Line of Life
- 10.00 Blue Planet II
- 11.00 Yellowstone
- 12.00 M'T The Zoo
- 1.00 AM Sea of Creepy Monsters
- 2.00 Yellowstone
- 3.00 Wild and Wonderful Denmark
- 3.50 Wild Edens
- 4.40 Wild and Wonderful Denmark
- 5.30 to 6.00 AM Collar of Duty

+1 hour 266 246

WILD

165 165 841 264 265

- 8.00 AM Dog: Impossible
- 9.00 Yukon Vet
- 10.00 Alaska Animal Rescue
- 11.00 Bizarre Animal Friends
- 12.00 NOON Snakes in the...
- 1.00 PM Jaguar vs Caiman
- 2.00 Amazonia's Giant Jaws
- 3.00 South America's Weirdest Animals
- 4.00 Wild Peru: Fight For Life
- 5.00 Monster Fish
- 6.00 Snakes in the City
- 7.00 **Animal Fight Club** A case of mistaken identity involving a snake.
- 8.00 **Shadow Cats** The hunting techniques of servals, caracals and black-footed cats.
- 9.00 Thailand's Wild Cats
- 10.00 World's Deadliest
- 11.00 Animal Fight Club
- 12.00 M'T Swamp Men
- 1.00 AM Animals Gone Wild
- 2.00 Bizarre Animal Friends
- 3.00 Snakes in the City
- 4.00 to 5.00 AM Jaguar vs Caiman

+1 hour 229 267

Sky History 2

163 163 840 272

- 8.00 AM Museum Men
- 9.00 Brad Meltzer's Lost History
- 10.00 Hitler's War
- 11.00 Combat Machines
- 12.00 NOON Ancient Aliens
- 3.00 PM Museum Men
- 4.00 Hunting Nazi Treasure
- 5.00 Combat Ships
- 6.00 Deep Sea Detectives
- 7.00 Brad Meltzer's Lost History The team search for Apache warrior Geronimo's skull.
- 8.00 **Shaun Ryder on UFOs** The singer visits the site of Britain's most famous close encounter.
- 9.00 **Paranormal: Caught on Camera** Double bill.
- 11.00 Ancient Aliens
- 1.00 AM Deep Sea Detectives
- 2.00 **Paranormal: Caught on Camera** Double bill.
- 4.00 Shaun Ryder on UFOs
- 5.00 to 6.00 AM Brad Meltzer's Lost History

+1 hour 223 271

PBS America

174 273 84 155

- 8.00 AM Beautiful Serengeti
- 8.35 Egyptian Tomb Hunting
- 9.30 Submarines
- 10.40 Shooting the War
- 11.55 Clinton
- 1.00 PM Back to Chernobyl
- 2.05 Mutant Weather
- 3.05 Egyptian Tomb Hunting
- 4.05 Submarines
- 5.15 Shooting the War
- 6.25 Mutant Weather
- 7.30 **Egyptian Tomb Hunting** 1/2. Tony Robinson goes on a journey across Egypt.
- 8.30 **NEW SERIES Submarines** 1/2. Charting the evolution of the submarine.
- 9.40 Shooting the War
- 11.00 Mutant Weather
- 12.00 M'T Egyptian Tomb Hunting As 7.30pm.
- 1.00 AM Submarines
- 2.05 Shooting the War
- 3.05 to 4.00 AM Back to Chernobyl

+1 hour 255 200 75

MONDAY **Films**

Monday

8 PM

9 PM

10 PM

11 PM

primetime

Sky Cinema **Premiere**

- 301 301 848 401 501 515
- 6.00 AM Sky Cinema Preview
 - 7.05 **Our Ladies** As 4.10pm.
 - 9.05 **Pil's Adventures** As 3.25am.
 - 10.45 **The World to Come** (2020)
 - 12.40 PM **Blacklight** As 9.50pm.
 - 2.25 **The Ooglies** Animation. (2021, PG, 85min) ★★★
 - 4.10 **Our Ladies** Comedy drama. (2019, 15, 106min) ★★★★★
 - 6.10 **The World to Come** Romantic drama starring Katherine Waterston. (2020, 15, 105min) ★★★★★



6.10 **The World to Come**

Sky Cinema **Hits**

- 303 303 857 403 503 517
- 6.15 AM **The High Note** (2020)
 - 8.25 **The Lord of the Rings: The Fellowship of the Ring** Fantasy. (2001, PG) ★★★★★
 - 11.30 **The Lord of the Rings: The Two Towers** Epic adventure. (2002, 12, 179min) ★★★★★
 - 2.30 PM **The Lord of the Rings: The Return of the King** Epic fantasy adventure. (2003, 12, 201min) ★★★★★
 - 6.00 **Mass** Drama with Jason Isaacs. (2021, 12, 111min) ★★★★★



6.00 **Mass**

Sky Cinema **Family**

- 306 306 850 406 506 520
- 6.10 AM **Cats & Dogs 3: Paws...**
 - 7.50 **Annie** (2014, PG) ★★★
 - 10.00 **The Tiger Rising** (2022) ★★★★★
 - 11.50 **Muppets from Space** Sci-fi comedy. (1999, U) ★★★
 - 1.30 PM **The Muppets Take Manhattan** (1984, U) ★★★★★
 - 3.20 **FairyTale: A True Story** Fantasy. (1997, U) ★★★
 - 5.00 **Furry Vengeance** Comedy. (2010, PG, 88min) ★★
 - 6.35 **Mr Magorium's Wonder Emporium** (2007, U) ★★★★★



8.15 **Monte Carlo**

Sky Cinema **Action**

- 307 307 851 407 507 521
- 6.00 AM **Saving Private Ryan** War drama. (1998, 15) ★★★★★
 - 8.50 **Around the World in 80 Days** Adventure. (2004, PG) ★★★★★
 - 10.55 **Twister** As shown at 2.25am.
 - 12.50 PM **Jumanji** Fantasy. (1995, PG, 104min) ★★★★★
 - 2.35 **Centurion** Historical thriller. (2009, 15, 91min) ★★★
 - 4.15 **300** Epic historical adventure. (2006, 15, 116min) ★★★★★
 - 6.15 **300: Rise of an Empire** Fantasy. (2014, 15) ★★★★★



8.00 **Wonder Woman 1984**

Sky Cinema **Comedy**

- 308 308 852 408 508 522
- 6.20 AM **Masterminds** As 5.05am.
 - 8.10 **The Broken Hearts Gallery**
 - 10.15 **Not Another Teen Movie**
 - 12.00 NOON **Just Go With It**
 - 2.10 PM **Bridesmaids** Comedy. (2011, 15, 124min) ★★★★★
 - 4.25 **The Hangover** Dark comedy starring Bradley Cooper. (2009, 15, 99min) ★★★★★
 - 6.15 **Not Another Teen Movie** Spoof teen comedy starring Chyler Leigh and Chris Evans. (2001, 15, 89min) ★



10.00 **Alan Partridge: Alpha Papa**

8.00 **People Just Do Nothing: Big in Japan** Comedy based on the BBC series, starring Allan Mustafa and Asim Chaudhry. The boys from Kurupt FM head to Japan in search of fame and fortune. (2021, 15, 97min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Blacklight** Conspiracy thriller starring Liam Neeson, Aidan Quinn and Taylor John Smith. (2022, 15, 104min) ★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Don't Breathe 2** Horror thriller sequel starring Stephen Lang and Madelyn Grace. A man's past sins begin to catch up with him. (2021, 15, 98min) ★★★

1.30 AM **People Just Do Nothing: Big in Japan** As 8.00pm.

3.25 **Pil's Adventures** Animation. (2021, U, 89min) ★★

5.05 to 6.50 AM **The Ooglies**

+1 hour 312

8.00 **Gunpowder Milkshake** Action thriller starring Karen Gillan and Lena Headey. A hitwoman is reunited with her estranged mother – also a professional assassin – after a high-stakes mission spins out of control. (2021, 15, 114min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Killer Joe** Violent crime thriller starring Matthew McConaughey. (2011, 18, 98min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Antebellum** Horror mystery starring Janelle Monae and Eric Lange. (2019, 15, 105min) ★★

1.45 AM **The Glorias** Biopic of feminist icon Gloria Steinem, starring Julianne Moore, Alicia Vikander, Ryan Kiera Armstrong and Lulu Wilson. (2020, 12, 139min) ★★★

4.20 to 6.25 AM **The High Note** Romantic drama with Dakota Johnson and Tracee Ellis Ross. (2020, 12, 113min) ★★★

8.15 **Monte Carlo** Romantic comedy starring Selena Gomez and Leighton Meester. A Texas teenager is mistaken for a spoiled socialite while on a holiday in Paris. With Katie Cassidy. (2011, PG, 108min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Penelope** Fantasy comedy starring Christina Ricci and James McAvoy. (2006, U, 87min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Cats & Dogs 3: Paws Unite!** Family adventure sequel with the voice of Melissa Rauch. (2020, U, 84min) ★★

1.25 AM **Four Kids and It** Fantasy starring Matthew Goode. (2020, PG, 110min) ★★★★★

3.25 **Hero Mode** Sci-fi comedy starring Chris Carpenter. (2021, PG, 88min) ★★

5.05 to 6.45 AM **Joey & Ella: A Kangaroo Tail Adventure**. (2021, U, 89min) ★★

8.00 **Wonder Woman 1984** Superhero action sequel starring Gal Gadot. Diana Prince must contend with Maxwell Lord, whose desire for extreme wealth sends the world down a path of destruction. With Chris Pine, Pedro Pascal and Kristen Wiig. (2020, 12, 151min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Nobody** Crime drama starring Bob Odenkirk. A quiet family man slowly reveals his true character after his house is burgled by two petty thieves. (2021, 15, 92min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Fast & Furious 7** Thriller. (2015, 12, 137min) ★★★★★

2.25 **Twister** Disaster movie. (1996, PG, 114min) ★★★

4.20 to 6.05 AM **The Battle of Jangsari** Drama with Megan Fox. (2019, 15, 104min) ★★

8.00 **Just Go With It** Romantic comedy starring Adam Sandler and Jennifer Aniston. A plastic surgeon forces his assistant to pose as his wife and then begins to realise that he has genuine feelings for her. (2011, 12, 116min) ★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Alan Partridge: Alpha Papa** Comedy starring Steve Coogan. (2013, 15, 86min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Hangover** Dark comedy starring Bradley Cooper. (2009, 15, 99min) ★★★★★

1.20 AM **The Broken Hearts Gallery** Romantic comedy with Geraldine Viswanathan. (2020, 12, 109min) ★★★★★

3.20 **I Used to Go Here** Comedy drama starring Gillian Jacobs. (2020, 15, 105min) ★★★

5.05 to 6.45 AM **Masterminds** Crime comedy starring Zach Galifianakis. (2016, 12) ★★★

Sky Cinema **Greats**

- 304 304 849 404 504 518
- 6.00 AM **My Girl** As shown at 1pm.
 - 7.50 **Airplane!** As shown at 2.50pm.
 - 9.30 **Gremlins** As shown at 4.30pm.
 - 11.20 **The Amazing Mr Blunden** Ghost story. (1972, U, 95min) ★★★★★
 - 1.00 PM **My Girl** Comedy drama. (1991, PG, 105min) ★★
 - 2.50 **Airplane!** Disaster movie spoof. (1980, 12, 86min) ★★★★★
 - 4.30 **Gremlins** Comedy horror. (1984, 12, 106min) ★★★★★
 - 6.20 **Indiana Jones and the Last Crusade** Steven Spielberg's adventure starring Harrison Ford and Sean Connery. (1989, PG, 127min) ★★★★★
 - 8.30 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure starring Harrison Ford. In 1957, swashbuckling archaeologist Indiana Jones tries to stop Soviet agents from seizing a crystal skull with psychic powers. (2008, 12, 122min) ★★
 - 10.35 **Fury** World War Two drama. (2014, 15, 131min) ★★★★★
 - 12.55 AM **Carlito's Way** Crime thriller. (1993, 18, 145min) ★★★★★
 - 3.30 **Gattaca** Sci-fi drama. (1997, 15, 106min) ★★★★★
 - 5.30 to 6.00 AM Sky Cinema Preview

Sky Cinema **Animation**

- 305 305 412 500 514
- 6.00 AM **The Adventures of Tom Thumb and Thumbelina** (2002)
 - 7.20 **Hey Arnold! The Movie** (2002)
 - 8.50 **Curious George 3: Back To The Jungle** As 8.05pm.
 - 10.15 **Curious George: Royal Monkey**
 - 12.00 NOON **The Road to El Dorado** Animated comedy adventure. (2000, U, 89min) ★★
 - 1.45 PM **Madagascar** Animated comedy. (2005, U, 86min) ★★★
 - 3.25 **Early Man** Animated comedy. (2018, PG, 87min) ★★★★★
 - 5.00 **Duck Duck Goose** Animation. (2018, 15, 91min) ★★★
 - 6.35 **Khumba** Animated adventure. (2013, U, 85min) ★★
 - 8.05 **Curious George 3: Back To The Jungle** Animated sequel. (2015, U, 81min) ★★
 - 9.40 **Curious George: Royal Monkey** Animated adventure. (2019, U, 86min) ★★
 - 11.25 **Hey Arnold! The Movie** Animation. (2002, U) ★★
 - 12.55 AM **Boonie Bears: The Big Top Secret** Animated adventure. (2016, U, 99min) ★★
 - 2.50 **Boonie Bears: The Wild Life** Animation. (2021, U, 99min) ★★
 - 4.35 to 6.05 AM **The Adventures of Tom Thumb and Thumbelina** Animation. (2002, U) ★★

TCM Movies

- 315 415 416
- 6.00 AM **Hollywood's Best Directors**
 - 7.10 **Off Set** With Jamie Cullum.
 - 7.35 **The Forty-Niners** Western. (1954, b/w, PG, 71min) ★★
 - 9.15 **No Man Is An Island** War drama. (1962, PG, 114min) ★★
 - 11.35 **Fighter Squadron** War drama. (1948, U, 96min) ★★
 - 1.30 PM **Three Violent People** Western starring Charlton Heston. (1956, PG, 96min) ★★
 - 3.35 **Laramie Mountains** Western. (1952, b/w, U, 53min) ★★
 - 4.45 **Cow Country** Western. (1953, b/w, U, 81min) ★★
 - 6.30 **Ocean's Thirteen** Caper thriller sequel starring George Clooney, Brad Pitt and Matt Damon. (2007, PG, 122min) ★★★★★
 - 9.00 **Swordfish** Action thriller starring John Travolta, Hugh Jackman and Halle Berry. (2001, 15, 99min) ★★★★★
 - 11.10 **Alfie** Classic comedy drama. (1966, 15, 114min) ★★★★★
 - 1.30 AM **The Red Badge of Courage** Drama starring Audie Murphy. (1951, b/w, U, 69min) ★★★★★
 - 2.55 **Close Up** Four editions.
 - 5.00 to 6.00 AM **Hollywood's Best Directors**
- +1 hour 316 417

Talking Pictures

- 328 445 82 306
- 6.00 AM **Not So Dusty** Comedy. (1956, b/w, U, 90min) ★★
 - 7.40 **Escape by Night** Crime drama. (1952, b/w, PG, 79min) ★★
 - 9.15 **Echo of Diana** Spy thriller. (1963, b/w, PG, 61min) ★
 - 10.30 **Stranger in Town** Crime drama. (1957, b/w, U, 74min) ★★
 - 12.00 NOON **The Punch and Judy Man** Comedy. (1962, b/w, U) ★★★★★
 - 2.00 PM **Rooms** (S2)
 - 3.00 **The Card** Comedy drama. (1952, b/w, U, 91min) ★★★★★
 - 4.50 **Look at Life** Documentary.
 - 5.00 **The Footage Detectives**
 - 6.00 **Snowbound** Suspense thriller. (1948, b/w, PG, 87min) ★★★★★
 - 7.40 **1950s Puzzle Corner**
 - 8.00 **The Main Chance** Coroner's Verdict: 13/13. Final episode. David is asked by DS Allington to look into his wife's death. (S4)
 - 9.00 **Dangerous Davies: The Last Detective** Feature-length drama starring Bernard Cribbins.
 - 11.10 **The Amazing Howard Hughes: Part 2** 2/2. Biographical drama.
 - 1.40 AM **Paris When It Sizzles** Comedy. (1964, U, 106min) ★
 - 3.55 **Anything To Declare?** Thriller. (1938, b/w, U, 77min) ★★
 - 5.30 to 6.00 AM **The Adventures of Sir Lancelot**

Horror

- 317 149 69 138
- 8.00 AM **First Wave** 16/22. (S1)
 - 9.00 **Battlestar Galactica** (S1)
 - 10.00 **The Prisoner** 14/17. (S1)
 - 11.00 **2012: Ice Age** Disaster movie. (2011, 12, 87min) ★
 - 1.00 PM **Malibu Shark Attack** Thriller. (2009, 15, 90min) ★★
 - 3.00 **Andromeda** 21/22. (S5)
 - 4.00 **Empire of the Sharks** Sci-fi thriller. (2017, 15, 86min) ★
 - 6.00 **The Prisoner** 12/17. (S1)
 - 7.00 **Battlestar Galactica** War of the Gods – Part Two: 16/24. Adama sends Apollo on an important mission. (S1)
 - 8.00 **Star Trek** And the Children Shall Lead: 4/24. Children take over the Enterprise. (S3)
 - 9.00 **The Darkness** Horror starring Kevin Bacon and Radha Mitchell. A boy brings five mysterious stones back from a holiday, which attract supernatural forces that terrorise his family. (2016, 15, 90min) ★★
 - 10.50 **The Last House on the Left** Horror remake. (2009, 18) ★★★★★
 - 12.55 AM **The Diabolical** Horror thriller. (2015, 15, 86min) ★★
 - 2.40 to 4.30 AM **The Prince** Action thriller. (2014, 15, 86min) ★★
- +1 hour 318 202 139

Sky Cinema Thriller

- 309 309 853 409 509 523
- 6.15 AM **The Sum of All Fears** Thriller. (2002, 12) ★★★★★
 - 8.30 **The Desperate Hour** (2021)
 - 10.15 **The Birthday Cake** Crime thriller. (2021, 15, 93min) ★★
 - 12.00 NOON **Vantage Point** Thriller. (2008, 12, 90min) ★★★
 - 1.40 PM **Let Him Go** Crime drama. (2020, 15, 113min) ★★★
 - 3.40 **Everest** Fact-based adventure. (2015, 12, 121min) ★★★★★
 - 5.45 **The Desperate Hour** Thriller. (2021, 12, 84min) ★★★★★



10.00 **American Gangster**

- 7.30 **Angels & Demons** Mystery thriller starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 **American Gangster** Ridley Scott's epic crime drama starring Denzel Washington and Russell Crowe. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 150min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.40 AM **Those Who Wish Me Dead** Crime drama starring Angelina Jolie and Nicholas Hoult. (2021, 15, 100min) ★★
- 2.25 **Training Day** Police thriller. (2001, 18, 121min) ★★
- 4.30 to 6.25 AM **Let Him Go**

GREAT! movies classic

- 319 424 52 303
- 6.00 AM **Hellgate** (1952, b/w, PG) ★★
 - 7.45 **The Whip Hand** Thriller. (1951, b/w, PG, 82min) ★★
 - 9.20 **The President's Mistress** Thriller. (1978, PG, 83min) ★
 - 11.20 **Strongroom** Crime thriller. (1961, b/w, PG, 80min) ★★
 - 1.00 PM **You Must Be Joking!** Comedy. (1965, U) ★★
 - 3.05 **Much Too Shy** Farical comedy. (1942, b/w, U, 92min) ★★
 - 5.00 **Split Second** Suspense thriller. (1953, b/w, PG, 85min) ★★
 - 6.45 **Double Indemnity** Classic film noir thriller starring Barbara Stanwyck as a woman who persuades an insurance agent to murder her husband. With Fred MacMurray. (1944, b/w, PG, 106min) ★★★★★
 - 9.00 **Runners** Social drama starring James Fox and Jane Asher. (1983, 15, 110min) ★★★★★
 - 11.20 **Awakenings** Medical drama. (1990, 12, 117min) ★★★★★
 - 1.40 AM **Panhandle** Western. (1948, b/w, U, 85min) ★★
 - 3.25 **Machine-Gun Kelly** Drama. (1958, b/w, 15, 83min) ★★
 - 4.50 to 6.00 AM **The Traitors** Spy drama. (1962, b/w, PG) ★★

+1 hour 320 303 63 304

Sky Cinema Drama

- 310 310 854 410 510 524
- 6.00 AM **My Girl 2** As 2.20am.
 - 7.55 **Grease 2** As 4.00am.
 - 10.00 **23 Walks** Comedy drama. (2020, 12, 102min) ★★
 - 11.55 **Six Minutes to Midnight** Thriller. (2020, 12) ★★
 - 1.50 PM **Judas and the Black Messiah** Biographical drama. (2021, 15, 126min) ★★★★★
 - 4.05 **Save the Cinema** Drama. (2021, 12, 109min) ★★
 - 6.05 **The Perks of Being a Wallflower** (2012, 12) ★★★★★



10.05 **In the Heights**

- 8.00 **Valentine's Day** Romantic comedy about the intersecting paths of a series of LA couples on 14 February, featuring an all-star cast including Ashton Kutcher, Jennifer Garner, Anne Hathaway, Julia Roberts, Jessica Biel and Jamie Foxx. (2010, 12, 125min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.05 **In the Heights** Musical starring Anthony Ramos and Corey Hawkins. A sympathetic New York bodega owner saves every penny every day as he imagines and sings about a better life. (2021, PG, 143min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.30 AM **Finding the Way Back** Sports drama with Ben Affleck. (2020, 15, 108min) ★★
- 2.20 **My Girl 2** Drama sequel. (1994, PG, 99min) ★★
- 4.00 to 6.00 AM **Grease 2** Musical sequel. (1982, PG, 109min) ★

GREAT! movies

- 321 425 34 302
- 9.00 AM **Garage Sale Mystery** Drama. (2013, PG, 90min) ★★
 - 11.00 **A Friend's Obsession** Thriller. (2018, PG, 90min) ★★
 - 1.00 PM **Crimes of the Mind** Thriller. (2014, PG, 84min) ★★
 - 2.50 **A Dangerous Date** Thriller. (2018, 12, 102min) ★★
 - 4.40 **Vice Versa** Comedy with Judge Reinhold and Fred Savage. (1988, PG, 94min) ★★
 - 6.35 **All the King's Men** Political drama starring Sean Penn and Jude Law. In 1950s Louisiana, a small-town politician rises to the office of state governor, but his new power corrupts him. (2005, 12, 128min) ★★
 - 9.00 **Signs** Sci-fi drama starring Mel Gibson. A farmer awakens one morning to find crop circles in his cornfields and begins to suspect they are indications of an imminent alien invasion. (2002, 12, 106min) ★★
 - 11.10 **Son of a Gun** Crime drama. (2013, 15, 108min) ★★
 - 1.25 AM **The Guest** Thriller. (2014, 15, 100min) ★★★★★
 - 3.30 to 6.00 AM **What's Eating Gilbert Grape** (1993, 15) ★★

+1 hour 322 61

Sky Cinema Sci-Fi/Horror

- 311 311 858 411 511 525
- 6.00 AM **Archive** Sci-fi drama. (2020, 15, 109min) ★★
 - 8.00 **Escape Room: Tournament of Champions** Horror sequel. (2021, 15, 88min) ★★
 - 9.40 **The Colony** As 1.10am.
 - 11.30 **Minority Report** Sci-fi thriller. (2002, 12, 145min) ★★★★★
 - 2.00 PM **The New Mutants** (2020)
 - 3.45 **In The Earth** Horror thriller. (2021, 15, 107min) ★★
 - 5.45 **Oblivion** Epic sci-fi adventure. (2013, 12, 124min) ★★★★★



5.45 **Oblivion**

- 8.00 **District 9** Satirical sci-fi action thriller starring Sharlto Copley. A South African bureaucrat gets infected with an alien virus as he tries to move extraterrestrial refugees from a Johannesburg shantytown. (2009, 15, 112min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 **The Evil Dead** Horror comedy starring starring Bruce Campbell. (1982, 18, 85min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.30 **The New Mutants** Superhero adventure starring Maisie Williams and Anya Taylor-Joy. (2020, 15, 94min) ★★

- 1.10 AM **The Colony** Sci-fi thriller starring Nora Arnezeder. (2021, 15, U, 104min) ★★
- 3.00 **The Dark** Supernatural horror starring Maria Bello and Sean Bean. (2005, 15, 93min) ★★
- 4.35 to 6.05 AM **Dreamcatcher** Horror starring Radha Mitchell. (2020, 15, 85min) ★★

GREAT! movies action

- 323 426 42 305
- 6.00 AM **Surface to Air** Action drama. (1997, 15, 93min) ★★
 - 7.45 **Atlantic Convoy** Wartime drama. (1942, U, 66min) ★★
 - 9.10 **King Rat** War drama. (1965, b/w, PG, 134min) ★★★★★
 - 11.55 **Santa Fe** Western. (1951, U) ★★
 - 1.45 PM **Trail Street** Western. (1947, b/w, U, 85min) ★★
 - 3.30 **Crossfire** Crime thriller. (1947, b/w, PG, 85min) ★★★★★
 - 5.15 **Hannibal** Historical action drama starring Victor Mature, Rita Gam and Gabriele Ferzetti. (1959, PG, 89min) ★
 - 7.20 **Deadly Inferno** Disaster drama starring David Sutcliffe, Michael Xavier and Charlotte Arnold. (2016, PG, 85min) ★★
 - 9.00 **Braven** Action thriller starring Jason Momoa and Garret Dillahunt. A logger defends his family from a group of dangerous drug runners. (2018, 15, 94min) ★★
 - 10.50 **The Order** Action adventure. (2001, 15, 85min) ★★
 - 12.35 AM **Southern Fury** Crime thriller. (2017, 18, 97min) ★★
 - 2.35 to 4.00 AM **Hijacked** Thriller. (2017, 15, 88min) ★★

+1 hour 324

Sky Cinema Oscars

- 302 302 856 402 502 516
- 6.00 AM **Breakfast at Tiffany's** Comedy. (1961, PG) ★★★★★
 - 8.00 **Willy Wonka and the...**
 - 9.40 **Stuart Little** Adventure. (1999, U, 84min) ★★★★★
 - 11.15 **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★
 - 1.00 PM **Crouching Tiger, Hidden...**
 - 3.00 **The Fighter** Boxing drama. (2010, 15, 116min) ★★★★★
 - 5.00 **The Social Network** Drama. (2010, 12, 120min) ★★★★★
 - 7.00 **Oscars Highlights**



9.00 **The Theory of Everything**

- Oscars Highlights** (started at 7.00pm)

- 9.00 **The Theory of Everything** Biopic of Stephen Hawking, exploring his relationship with wife Jane and his groundbreaking research in the face of deteriorating health. Stars Eddie Redmayne. (2014, 12, 120min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.05 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★

- 1.30 AM **Crouching Tiger, Hidden Dragon** Ang Lee's romantic period adventure. Subtitled. (2000, 12, 120min) ★★★★★
- 3.30 **Willy Wonka and the Chocolate Factory** Fantasy. (1971, U, 100min) ★★★★★
- 5.20 to 6.00 AM **Sky Cinema Preview**

Movies 24

- 325 419
- 7.00 AM **All Summer Long** As 7pm.
 - 9.00 **Exit Stage Death: Picture Perfect Mysteries** As 9pm.
 - 11.00 **Sweet Mountain Christmas**
 - 1.00 PM **Mystery 101: An Education in Murder** (2020, PG) ★★
 - 3.00 **A Picture Perfect Wedding** Drama. (2021, PG, 90min) ★★
 - 5.00 **A Wedding to Remember** Romantic drama with Cristina Rosato. (2020, PG, 85min) ★★
 - 7.00 **All Summer Long** Romance with Autumn Reeser. A woman's dream job of captaining a dining cruise sails into stormy waters when she learns the chef is her ex. (2019, PG, 89min) ★★
 - 9.00 **Exit Stage Death: Picture Perfect Mysteries** Crime drama starring Alexa PenaVega. While backstage, a photographer discovers the body of the show's leading lady, murdered before the curtain went up. (2020, PG, 90min) ★★
 - 11.00 **Sweet Mountain Christmas** Drama. (2019, PG, 88min) ★★
 - 1.00 AM **Mystery 101: An Education in Murder** (2020, PG) ★★
 - 3.00 to 5.00 AM **A Picture Perfect Wedding** As shown at 3pm.

+1 hour 326 420

Film4

- 313 313 855 428 429 14 300
- **Films start at 11.00am**
 - 11.00 AM **Blanche Fury** Drama. (1947, PG, 90min) ★★
 - 12.55 PM **Detective Story** Drama. (1951, b/w, PG, 103min) ★★★★★
 - 3.00 **Destry Rides Again** Classic comedy Western. (1939, b/w, PG, 94min) ★★★★★
 - 4.55 **The Black Arrow** Adventure. (1948, b/w, U, 77min) ★★
 - 6.40 **Deep Impact** Disaster movie starring Robert Duvall. (1998, 12, 123min) ★★



9.00 **The Rhythm Section**

- Deep Impact** (film started at 6.40pm) SEX ●●● VIOLENCE ●●● LANG ●●● **8 PM**

- 9.00 **The Rhythm Section** Thriller starring Blake Lively and Jude Law. A grieving woman veers down a vengeful path when she discovers the plane crash that killed her family was a terrorist attack. (2019, 15, 109min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●● **9 PM**

- 11.15 **The Kid** Western adventure starring Chris Pratt. A young boy named Rio and his sister go on the run to escape their violent uncle. Along the way, they meet outlaw Billy the Kid. (2018, 15, 100min) ★★
- 1.20 to 4.00 AM **Another Year** Mike Leigh's comedy drama starring Jim Broadbent. (2010, 12, 129min) ★★★★★ **10 PM**

+1 hour 314 430 47 301

FILMS ON OTHER CHANNELS

- 6pm TILL LATE
- 9.00 PM **Lone Wolf McQuade** 5Action Action drama starring Chuck Norris. ★
 - 9.00 **89 Sky Documentaries** The story of one of football's most dramatic triumphs. ★★
 - 10.30 **Predators** ITV4 Sci-fi action sequel starring Adrien Brody, Topher Grace. A small group of highly trained killers land on an alien planet. ★★
 - 11.00 **Armed Response** Syfy Action thriller starring Wesley Snipes and Anne Heche. ★
 - 11.15 **Code of Silence** 5Action Action thriller starring Chuck Norris as a hard-nosed Chicago cop. ★★
 - 11.30 **What We Do in the Shadows** BBC3 Horror comedy starring Jemaine Clement. A documentary crew follow a group of vampires sharing a house as they try to get to grips with the modern world. ★★★★★
 - 11.40 **Spotlight** BBC2 (Not NI) Oscar-winning fact-based drama starring Mark Ruffalo and Michael Keaton. A team of journalists investigates a conspiracy to cover up child abuse in the Catholic church. ★★★★★

Sky Sports Main Event

401 401 859 511 501 420 440

- 6.00 AM Sky Sports News
- 7.00 Good Morning Sports Fans
- 7.30 Early Kick-Off
- 8.00 Good Morning Sports Fans
- 10.00 **The Football Show** A look at the major stories making the headlines.
- 1.00 PM Sky Sports News
- 3.00 **LIVE Indian Premier League Gujarat Titans v Lucknow Super Giants.** Coverage of the T20 match taking place at Wankhede Stadium, Mumbai.
- 7.00 Sky Sports News
- 7.30 **My Icon** Manchester United Women head coach Casey Stoney talks about her idols.
- 7.40 **LIVE Irish Football Glentoran v Carrick Rangers.** Coverage of the Danske Bank Premiership match taking place at The Oval. Kick-off 7.45pm.
- 9.45 **My Icon** Former Charlton Athletic and England star Chris Powell talks about the individuals that have inspired him in his career.
- 10.00 **Sky Sports News** Round-up of the sports news, with live analysis and commentary, plus interviews with the headline makers.
- 12.00 M'T Total Access
- 1.00 to 6.00 AM Sky Sports News

Sky Sports Premier League

402 402 860 512 502 421 441

- 6.00 AM PL Greatest Games
- 7.00 PL Legends Double bill.
- 8.00 Best PL Goals Double bill.
- 9.00 WSL Highlights of Everton v Manchester United.
- 10.00 **The Football Show**
- 1.00 PM Premier League Years
- 3.00 PL Greatest Games
- 4.00 PL Best Goals 15/16
- 5.00 Premier League 100 Club
- 5.30 WSL Leicester City v Chelsea.
- 6.00 PL Legends: Tony Adams
- 6.30 Soccer AM: The Best Bits
- 7.00 WSL Highlights of Everton v Manchester United.
- 7.30 WSL Leicester City v Chelsea.
- 8.00 Gary Neville's Soccerbox
- 8.30 WSL Highlights of Everton v Manchester United.
- 9.00 Premier League 100 Club
- 10.00 Premier League Icons
- 10.30 PL Retro Manchester United v Newcastle from 1996/97.
- 12.30 AM Premier League 100 Club
- 1.00 Premier League Years
- 3.00 PL Greatest Games
- 4.00 PL Best Goals 08/09
- 5.00 Best PL Goals: Manchester United Memorable strikes.
- 5.30 to 6.00 AM Premier League 100 Club

Sky Sports Football

403 403 861 513 503 422 442

- 6.00 AM Football's Greatest Players
- 6.30 Football Countdowns
- 7.00 Football Years
- 7.30 Greatest Games
- 8.30 Best C'Ship Goals 2017/18
- 9.00 Scottish Goals of 2009-10
- 9.30 Scottish Goals of 2010-11
- 10.00 Scottish Goals of 2014-15
- 10.30 SPFL Greatest Games
- 11.00 Championship Review 14/15
- 12.00 NOON Play-Off Finals 14/15
- 3.00 PM EFL Cup Final 15
- 4.00 Greatest Games
- 5.30 World Cup Qualifier Highlights
- 6.00 Soccer AM: The Best Bits
- 6.30 World Cup Qualifiers Review
- 7.30 MLS Didier Drogba's best goals.
- 7.35 MLS Greatest Games
- 7.40 **LIVE Irish Football Glentoran v Carrick Rangers.** The Danske Bank Premiership match from The Oval. Kick-off is at 7.45pm.
- 9.45 International Football Action from England v Switzerland.
- 10.15 EFL Greatest Games
- 10.30 EFL Goals: Leagues 1 & 2
- 11.00 Soccer AM: The Best Bits
- 11.30 International Football
- 12.00 M'T Play-Off Finals 13/14
- 3.00 AM EFL Cup Retro From 2009.
- 5.45 to 6.00 AM One2Eleven

Sky Sports World Cup

404 404 862 514 504 423 443

- 6.00 AM ICC Women's World Cup
- 8.00 IPL Highlights of Delhi Capitals v Mumbai Indians.
- 9.00 IPL Highlights of Punjab Kings v Royal Challengers Bangalore.
- 10.00 ICC Women's World Cup
- 12.00 NOON IPL Highlights of Delhi Capitals v Mumbai Indians.
- 1.00 PM IPL Highlights of Punjab Kings v Royal Challengers Bangalore.
- 1.55 ICC Women's World Cup England v Bangladesh.
- 2.50 **LIVE Indian Premier League Gujarat Titans v Lucknow Super Giants.** Coverage of the T20 match taking place at Wankhede Stadium, Mumbai.
- 7.00 Women's World T20 Classics
- 7.45 My Icon Ebony Rainford-Brent.
- 8.00 ICC Women's World Cup Highlights of India v South Africa.
- 9.00 IPL Highlights of Gujarat Titans v Lucknow Super Giants.
- 10.00 ICC Women's World Cup
- 11.00 IPL
- 12.00 M'T ICC Women's World Cup
- 1.00 AM IPL
- 2.00 ICC Women's World Cup
- 4.00 IPL
- 5.00 Women's World T20 Classics
- 5.45 to 6.00 AM My Icon

Sky Sports Golf

405 405 863 515 505 424 444

- 6.00 AM LPGA Tour Golf Action from day four of the JTBC Classic held at the Aviara Golf Club, California.
- 9.00 **World Golf Championships** A replay of the fifth day of the WGC-Dell Technologies Match Play, which took place at the Austin Country Club in Texas.
- 6.30 PM Nick Dougherty's Tee Time Tips The former professional offers up expert golfing advice.
- 7.00 **World Golf Championships** Action from the fifth day of the WGC-Dell Technologies Match Play at Austin Country Club, Texas.
- 9.00 **PGA Tour Classic** A look back at the 2008 WGC-Accenture Matchplay Championship which took place at the Gallery Golf Club Marana in Arizona, where Henrik Stenson of Sweden was the reigning tournament champion.
- 10.00 **World Golf Championships** Action from the fifth day of the WGC-Dell Technologies Match Play at Austin Country Club, Texas.
- 12.00 M'T World Golf Championships A review of the 2021 WGC-Dell Match Play Championship at Austin Country Club in Texas.
- 3.00 to 6.00 AM PGA Tour Classic

BT Sport 1

413 413 870 527 408 430

- 6.00 AM Freeride World Tour
- 7.00 Test Cricket Highlights
- 8.00 Vanarama National League
- 9.30 ESPN FC Football news.
- 10.00 What I Wore: Paul Scholes
- 10.30 Premier League World
- 11.00 UEFA Champions League Magazine News and action.
- 11.30 Freeride World Tour Snowboarding action from Austria.
- 12.30 PM FIM X-Trial World Championship Highlights Action from the FIM X-Trial World Championship.
- 1.30 Test Cricket Highlights Action from day four of the final Test between West Indies and England.
- 2.30 **LIVE Test Cricket West Indies v England.** Coverage of the fifth and final day of the third and final Test in the series, held at National Cricket Stadium in St. George's.
- 11.00 WWE Raw Highlights
- 12.00 M'T WWE SmackDown Highlights Wrestling action.
- 1.00 AM **LIVE WWE Monday Night Raw** US wrestling action.
- 4.15 UFC Unleashed
- 5.15 What I Wore Owen Hargreaves.
- 5.30 to 6.00 AM The Football Archives: 1977/78

BT Sport 2

414 414 871 528 409 431

- 6.00 AM FIM SuperEnduro World Championship
- 7.00 WWE NXT Highlights
- 8.00 Hockey FIH Pro League.
- 10.00 Badminton Unlimited
- 10.30 FIM SuperEnduro World Championship
- 11.30 On The Bank: Angling Outlaws
- 12.00 NOON On The Bank: Extreme Carp Angling magazine.
- 12.30 PM Badminton Unlimited
- 1.00 Badminton The Swiss Open.
- 3.00 The Football Archives
- 4.00 UEFA Champions League Magazine News and action.
- 4.30 ESPN FC Football news.
- 5.00 Premier League World
- 5.30 Vanarama National League
- 7.00 The Outdoor Sports Show
- 7.30 Freeride World Tour
- 8.30 Inside Sailing Magazine.
- 9.00 On The Bank: Angling Outlaws
- 9.30 Fishing: On the Bank
- 10.00 WSL Championship Tour
- 11.00 Gallagher Premiership Rugby
- 12.30 AM T20 Cricket Highlights
- 1.30 to 6.00 AM **LIVE One Day International Cricket New Zealand v Netherlands.** Coverage of the first ODI in the three-match series.

BT Sport 3

417 417 874 529 410 432

- 6.00 AM Isuzu UTE A-League
- 12.00 NOON A-League Women Action from the Grand Final.
- 1.00 PM UEFA Documentaries A look at some of the defining moments from the Champions League over the years.
- 3.00 Hockey Action from Germany v Spain in the Men's FIH Pro League.
- 5.00 Hockey The best action from Germany v USA in the Women's FIH Pro Hockey League.
- 7.00 Gallagher Premiership Rugby Highlights The best of the latest action from the Premiership.
- 8.30 Rugby Tonight BT Sport's panel of experts are joined by guests and a live studio audience to discuss all things rugby.
- 9.15 BT Sport Films: Stop The Tour The story of how sport helped bring an end to Apartheid.
- 11.00 BT Sport Films Telling the story of UFC star Molly McCann.
- 12.00 M'T Badminton Action from the finals of the YONEX Swiss Open.
- 2.00 AM Inside Sailing
- 2.30 On The Bank: Angling Outlaws
- 3.00 Fishing: On the Bank
- 3.30 ESPN Films: Fab Five
- 5.30 to 6.00 AM What I Wore

Sky Sports Action

407 407 865 517 507 426 446

- 6.00 AM NFL: America's Game
- 7.00 NFL Bitesize Highlights
- 8.00 Premier League Darts
- 11.30 World Championship Wednesdays The World Darts Championship final of 2005.
- 12.00 NOON Good Morning Football
- 3.00 PM NFL Bitesize Highlights
- 3.30 Top Rank Boxing Archive Action from Alexis Arguello v Aaron Pryor in 1982.
- 4.45 Top Rank Boxing Archive Action from Ayub Kalule v Sugar Ray Leonard in 1981.
- 5.45 Top Rank Boxing Archive Action from Davey Moore v Roberto Duran in 1983.
- 6.30 NFL Bitesize Highlights Buffalo Bills v Indianapolis Colts.
- 6.45 NFL Bitesize Highlights Action from Los Angeles Chargers v Pittsburgh Steelers.
- 7.00 NBC's Pro-Football Talk
- 9.00 Sail GP Action from day one of the event in San Francisco.
- 10.30 Sail GP Action from day two of the event in San Francisco.
- 12.00 M'T Total Access
- 1.00 AM NFL Highlights
- 3.00 NFL: America's Game
- 4.00 to 6.00 AM NFL Highlights

Sky Sports Mix

416 416 873 520 510 429 449

- 6.00 AM Fighting Fit 2020
- 7.00 Fit In 5
- 7.30 My Icon
- 8.00 LPGA Tour Golf
- 11.00 ICC Women's World Cup
- 12.00 NOON ICC Women's World Cup India v South Africa.
- 1.00 PM ICC Women's World Cup England v Bangladesh.
- 2.00 ICC Women's World Cup
- 3.00 Netball Superleague
- 5.00 **LIVE Netball Loughborough Lightning v Manchester Thunder.** Coverage of the Superleague match which is taking place at Sir David Wallace Arena. Centre-pass 5.30pm.
- 7.15 ICC Women's World Cup
- 9.15 Best of ICC WT20
- 9.30 ICC Women's World Cup 2017 Action from England v India in the final, which took place at Lord's.
- 10.00 **World Golf Championships** Action from the fifth day of the WGC-Dell Technologies Match Play at Austin Country Club.
- 12.00 M'T LPGA Tour Golf
- 3.00 AM ICC Women's World Cup
- 5.00 Women's World T20 Classics
- 5.25 to 6.00 AM ICC Women's World Cup 2017

BT Sport/ESPN

423 423 876 530 411 434

- 6.00 AM ESPN FC Football news.
- 6.30 ESPN SportsCenter
- 6.45 National Lacrosse League
- 8.45 ESPN FC Football news.
- 9.15 ESPN SportsCenter
- 9.30 NCAA Basketball Tournament
- 1.30 PM ESPN FC Football news.
- 2.00 College Wrestling
- 5.00 ESPN FC Presents: Gab & Juls
- 5.30 ESPN FC Football news.
- 6.00 NHRA Drag Racing Highlights
- 7.00 ESPN SportsCenter
- 7.15 College Basketball Tournament Coverage of the Women's Elite NCAA Tournament.
- 11.15 ESPN SportsCenter
- 11.30 ESPN FC Presents: Gab & Juls
- 12.00 M'T **LIVE College Basketball** A match in round eight of the Women's Elite NCAA tournament.
- 2.00 AM **LIVE College Basketball** A match in round eight of the Women's Elite NCAA tournament.
- 4.00 to 6.00 AM National Lacrosse League

Eurosport 1

410 410 868 521 412 435

- 6.00 AM Cycling: Kuurne-Brussels-Kuurne The one-day race.
- 7.00 Bennetts British Superbikes
- 8.30 Australian Superbikes
- 9.30 Freestyle Skiing
- 10.30 Curling World Championships
- 1.00 PM Cycling: Strade Bianche
- 3.00 Olympic Games: Hall of Fame
- 4.00 Motocross World Championship From Argentina.
- 5.00 FIA World Endurance Championship From Sebring.
- 6.00 Ski Jumping From Slovenia.
- 8.00 Cycling: Gent-Wevelgem Action from the women's and men's one-day race in Belgium.
- 10.00 Olympic Games: Hall of Fame
- 11.00 Motorsport: WTCR A review of the 2021 season.
- 12.00 M'T Cycling: Strade Bianche
- 2.00 AM Ski Jumping
- 3.00 Alpine Skiing
- 4.00 Olympic Games: Hall of Fame
- 5.00 to 6.00 AM Cycling: Nokere Koerse

Eurosport 2

411 411 869 522 413 436

- 6.00 AM World Superbikes
- 7.00 Snooker: European Masters
- 9.00 Cycling: Gent-Wevelgem
- 10.00 Olympic Games Hall of Fame
- 11.00 World Touring Car Cup
- 12.00 NOON World Superbikes
- 3.00 Motorsport: Extreme E
- 4.00 PM Freestyle Skiing
- 5.00 Cycling: Strade Bianche
- 7.00 Formula E The Diriyah ePrix.
- 8.00 World Superbikes The opening round of the season from Ciudad del Motor de Aragon in Spain.
- 9.00 World Superbikes Round two of the season from Estoril Circuit.
- 10.00 World Superbikes The third round of the season from Misano.
- 11.00 Cycling: Gent-Wevelgem The men's one-day race in Belgium.
- 12.00 M'T Figure Skating World Championships
- 1.00 AM Olympic Games Hall of Fame
- 2.00 Masters Snooker
- 4.00 Motorsport: Extreme E
- 5.00 to 6.00 AM World Superbikes

Sky Sports Arena

408 408 866 518 508 427 447

- 6.00 AM Super League Highlights
- 7.00 Rugby League Retro
- 9.00 Super League Highlights
- 10.00 NBA Basketball New Orleans Pelicans v San Antonio Spurs.
- 12.00 NOON NBA Basketball
- 2.00 PM Super League Highlights
- 3.00 Netball Superleague Action from Surrey Storm v Wasps.
- 5.00 **LIVE Netball Loughborough Lightning v Manchester Thunder.** Coverage of the Superleague match which is taking place at Sir David Wallace Arena. Centre-pass is at 5.30pm.
- 7.15 NBA GameTime
- 7.45 NBA Basketball Action from Phoenix Suns v Philadelphia 76ers.
- 9.45 NBA Basketball A replay of Detroit Pistons v New York Knicks.
- 11.45 Super League Highlights
- 12.00 M'T Netball Superleague
- 4.00 AM Super League Highlights
- 5.00 to 6.00 AM Super League's Supermen

Sky Sports F1

406 406 864 516 506 425 445

- 6.00 AM F1: Best of 2021
- 11.00 Daniel Ricciardo's NASCAR Run A vintage NASCAR vehicle.
- 11.10 F1 Rivalries
- 11.15 Legends of F1 Murray Walker.
- 11.45 Formula 1 Highlights of the first and second practice sessions of the Saudi Arabian Grand Prix.
- 2.35 PM Daniel Ricciardo's NASCAR Run A vintage NASCAR vehicle.
- 2.45 The F1 Show
- 3.45 Formula 1 Highlights of the Saudi Arabian Grand Prix.
- 6.45 Golf with Carlos & Lando
- 6.55 F1 Rivalries
- 7.00 Formula 1 Another chance to see the Saudi Arabian Grand Prix.
- 9.15 Goodbye Kimi
- 9.25 F1 Rivalries
- 9.30 Any Driven Monday
- 10.30 Formula 1 The Saudi Arabian GP.
- 11.30 Formula 2 Championship
- 12.50 AM Goodbye Kimi
- 1.00 Any Driven Monday
- 2.00 to 6.00 AM F1: Best of 2021

Tuesday

29 March

Evening Planner

Tuesday

Music



Concert for Ukraine

ITV, 8pm

Coverage of a star-studded concert, held at the NEC Arena in Birmingham, for the DEC Ukraine Humanitarian Appeal

Superhero drama



The Flash

Sky Showcase/Max, 8pm

Season eight sees Team Flash pushed to its limits when an alien threat arrives on Earth under mysterious circumstances

Documentary



Banned! The Mary Whitehouse Story

BBC2, 9pm

The life of the activist who ran a 30-year campaign against permissive culture

OnDemand

NETFLIX

Johnny Hallyday: Beyond Rock

Available today

Exploring the life and career of the French rock icon through archive film and interviews



NEW

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

ENTERTAINMENT

DOCUMENTARY

FILMS - Sky Cinema

SPORT

101 BBC1	7.00 The One Show †	7.30 EastEnders	7.50 Holby City	8.35 Bidding...	9.00 MasterChef	10.00 News; Local News	10.35 Becoming...
102 BBC2	7.00 Doctors	7.30 Rick Stein's...	8.00 Great British Menu: The Finals	9.00 Banned! The Mary Whitehouse Story	10.00 The Witchfinder	10.30 Newsnight	
103 ITV	6.30 News	7.30 Emmerdale	8.00 Concert for Ukraine		10.00 News; Local News		
104 CHANNEL 4	7.00 News		8.00 The Great Celebrity Bake Off for Stand Up to...	9.15 The Simpler Life	10.15 Gogglebox		
105 CHANNEL 5	7.00 Dream Kitchens & Bathrooms...		8.00 Dogs Behaving (Very) Badly	9.00 Ben Fogle: New Lives in the Wild	10.00 Getting Away With Murder...		
106 SKY SHOWCASE	7.00 The Simpsons		8.00 The Flash	9.00 Peacemaker	10.00 Film: Limitless		
117 BBC3	7.00 MasterChef Australia	7.55 Meet the Khans: Big in Bolton	8.45 Instatraders	9.30 Hot Property	10.00 Mood		
116 BBC4	7.00 Steam Days	7.30 Villages by the...	8.00 Keeping Up...	8.30 Yes, Prime...	9.00 Gods of Snooker	10.00 Up the Junction: The Wednesday Play	
118 ITV2	7.00 Superstore		8.00 Bob's Burgers	9.00 Family Guy	10.00 Plebs		
136 MORE4	6.55 Escape to the Chateau: DIY	7.55 Devon and Cornwall		9.00 24 Hours in A&E	10.00 999: What's Your Emergency?		
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia		9.00 Celebrity Gogglebox	10.00 Naked Attraction		
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods	9.00 The Equalizer	10.00 Criminal Minds		
108 SKY ATLANTIC	6.50 The Sopranos	7.55 Game of Thrones		9.00 Winning Time: The Rise of the Lakers Dynasty			
110 GOLD	7.00 Ever Decreasing Circles	7.40 Dad's Army	8.20 Gavin & Stacey	9.00 Newark, Newark	9.40 The Good Life	10.20 Billy Connolly Does...	
111 DAVE	7.00 Richard Osman's...	7.40 Room 101	8.20 Would I Lie to You?	9.00 QI	10.00 Mel Giedroyc: Unforgivable		
119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders		10.00 Law & Order: UK		
120 ITV4		7.15 Snooker: Tour Championship - Live: The evening session on day two at Venue Cymru in Llandudno			10.30 All Elite...		
112 COMEDY CENTRAL	7.00 Friends			9.00 Film: Along Came Polly			
152 SYFY	7.00 Quantum Leap		8.00 Fringe	9.00 Grimm	10.00 Film: Moon Crash		
113 SKY MAX	7.00 Stargate SG-1		8.00 The Flash	9.00 Peacemaker	10.00 Strike Back: Retribution		
132 ALIBI	7.00 Rizzoli & Isles		8.00 Hudson & Rex	9.00 Major Crimes	10.00 Annika		
130 SKY ARTS	7.00 Brunelleschi's Impossible Dome		8.00 Vermeer from the National Gallery...	9.00 Girl with a Pearl Earring and Other...	10.00 Nick Cave & the Bad Seeds...		
125 DISCOVERY	7.00 Outback Truckers		8.00 Bad Chad Customs	9.00 Gold Rush			
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 The Crocodile Hunter: Best of Steve Irwin	9.00 Predators Up Close with Joel Lambert	10.00 I Was Prey		
129 NAT GEO	7.00 Car S.O.S.		8.00 The Dinosaur Hunter	9.00 Hunting Alaskan Dinosaurs	10.00 Sex in the Stone Age		
123 SKY HISTORY	7.00 Forged in Fire Tournament of Champions		8.00 Ancient Aliens	9.00 Secrets of the Lost Ark	10.00 The Proof Is Out There		
155 YESTERDAY	7.00 Great British Railway Journeys		8.00 Secrets of the Transport Museum	9.00 Secrets of the London Underground	10.00 Bangers and Cash		
121 SKY DOCS	7.00 The Nineties		8.00 Escobar by Escobar	9.00 What's My Name: Muhammad Ali			
301 PREMIERE	6.00 Our Ladies		8.00 Blacklight	9.45 People Just Do Nothing: Big in Japan			
303 HITS	6.35 Warrior			9.00 Focus			
304 GREATS	5.55 Indiana Jones and the Kingdom of...		8.00 The Matrix		10.20 48 Hrs		
305 ANIMATION	6.45 Spirit: Stallion of the Cimarron		8.15 Dragon Rider		10.00 Vic the Viking		
306 FAMILY	6.50 Arthur and the Great Adventure		8.35 Shrek the Musical				
307 ACTION	5.30 Godzilla		8.00 The Man from U.N.C.L.E		10.00 Monster Hunter		
308 COMEDY	6.10 Anger Management		8.00 As Good As It Gets		10.20 Military Wives		
309 THRILLER	6.15 Those Who Wish Me Dead		8.00 Patriot Games		10.00 Rise of the Footsoldier		
310 DRAMA	6.20 Before I Go to Sleep		8.00 The Founder		10.00 Embattled		
311 SCI-FI	7.15 Candyman			9.00 Gravity	10.35 The Devil's...		
302 OSCARS	5.50 Erin Brockovich		8.00 Batman		10.10 No Country for Old Men		
313 FILM4	6.10 The Martian			9.00 Man on Fire			
315 TCM MOVIES	6.45 Dial M for Murder			9.00 Pale Rider			
401 MAIN EVENT	7.00 International Football - Live: England v Ivory Coast (Kick-off 7.45)				10.30 ICC Women's...		
402 PREMIER LEAGUE	7.00 International Football - Live: England v Ivory Coast (Kick-off 7.45)				10.30 PL 100 Club		
403 FOOTBALL	7.00 Andy Robertson...	7.40 World Cup Qualifier - Live: Poland v Sweden or Czech Rep (Kick-off 7.45)		9.45 Andy...	10.15 International Football		
404 WORLD CUP	7.00 ICC Women's World Cup	8.00 My Icon	8.30 IPL	9.30 One-Day International Cricket	10.30 ICC Women's...		
413 BT SPORT 1	7.00 One Day International Cricket	8.00 The Cricket's On		9.00 WWE Monday Night Raw			
414 BT SPORT 2	6.00 Vanarama...	7.30 FIM X-Trial World Championship...	8.30 UEFA...	9.00 BT Sport Films	10.00 UFC Unleashed		

† Denotes programmes starting before 7.00pm † Regions vary



BBC1

101 101/115 801 101 101 101 101/106

- 6.00 AM **Breakfast** (S)
- 9.15 **Morning Live** **New edition** (S)
- 10.00 **Defenders UK** (S)(R)
- 10.30 **LIVE HRH the Prince Philip, Duke of Edinburgh: A Service of Thanksgiving** Coverage from Westminster Abbey of a service in memory of Prince Philip. (S)
- 12.30 PM **Bargain Hunt** (S)(R)(AD)
- 1.00 **BBC News** (S)
- 1.30 **Local News** (S)
- 1.45 **Doctors** (S)(AD)
- 2.15 **Shakespeare & Hathaway: Private Investigators** (S)(R)(AD)
- 3.00 **Escape to the Country** **New edition** The Welsh Borders. (S)
- 3.45 **The Repair Shop** **New edition** (S)
- 4.30 **Bridge of Lies** **New edition** (S)
- 5.15 **Pointless** **New edition** Quiz. (S)
- 6.00 **BBC News** (S)
- 6.30 **Local News** (S)

BBC2

102 102/115 802 102 102 2 102 102 102/106

- 6.30 AM **Bargain Hunt** (S)(R)(AD)
- 7.15 **The Repair Shop** (S)(R)
- 8.00 **Sign Zone: Great Coastal Railway Journeys** (S)(R)(AD)
- 8.30 **Sign Zone: Marcus Wareing's Tales from a Kitchen Garden** (S)(R)(AD)
- 9.00 **BBC News** (S)
- 12.05 PM **Lifeline** (S)(R)
- 12.15 **Politics Live** (S)
- 1.00 **Ready Steady Cook** (S)(R)
- 1.45 **Eggheads** Quiz show. (S)(R)
- 2.15 **Street Auction** (S)(R)
- 3.00 **The Heights** (S1) (S)(R)(AD)
- 3.30 **The Customer Is Always Right** An exercise harness. (S)(R)(AD)
- 4.15 **Monkey Planet** (S)(R)(AD)
- 5.15 **Flog It!** Compilation edition. (S)(R)
- 6.00 **Richard Osman's House of Games** **New edition** (S)
- 6.30 **Lightning** **New edition** Quiz show hosted by Zoe Lyons. (S)

ITV

103 103/176 803 103 103/113 3 103 103 111

- 6.00 AM **Good Morning Britain** (S)
- 9.00 **Lorraine** (S)
- 10.00 **This Morning** (S)
- 12.30 PM **Loose Women** (S)
- 1.30 **ITV News** (S)
- 1.55 **Local News** (S)
- 2.00 **Dickinson's Real Deal** At Crewe Hall, Fay Rutter has a deal all mapped out, and new girl Laurie Scully faces a *Real Deal* regular in the bid for a hat stretcher. (S)(R)
- 3.00 **Lingo** Adil Ray hosts as a London-based couple, two friends from Birmingham and a couple of 30 years compete. (S)(R)
- 4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
- 5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
- 6.00 **Local News** (S)
- 6.30 **ITV News** (S)

CHANNEL 4

104/108 104/138 104 104/141 4 104 104

- 6.05 AM **Countdown** (S)(R)
- 6.45 **Cheers** 12&13/22. (S2) (S)(R)
- 7.40 **Everybody Loves Raymond** 10-12/16. (S9) (S)(R)(AD)
- 9.05 **Frasier** 12-14/24. (S6) (S)(R)(AD)
- 10.35 **Ramsay's Kitchen Nightmares USA** From Philadelphia. (S)(R)
- 11.30 **News** (S)
- 11.35 **Undercover Boss USA** (S)(R)
- 12.30 PM **Steph's Packed Lunch** **New edition** Magazine. (S)
- 2.10 **Countdown** **New edition** (S)
- 3.00 **A Place in the Sun** (S)(R)
- 4.00 **A New Life in the Sun** (S)(R)
- 5.00 **Four in a Bed** **New edition** (S)
- 5.30 **Fame in the Family** **New edition** Paralympic gold medalist Will Bayley hosts a dinner party. (S)
- 6.00 **The Simpsons** (S)(R)(AD)
- 6.30 **Hollyoaks** John Paul attempts to explain the note to Prince. (S)(AD)

Tuesday



9.00 MasterChef



10.00 The Witchfinder



7.30 Emmerdale



8.00 The Great Celebrity Bake Off...

7 PM

- 7.00 **The One Show** Lauren Laverne and Harry Judd host the topical show. (S)
- 7.30 **EastEnders** A heavily pregnant Bernie returns to the Square. (S)(AD)

8 PM

- 7.50 **Holby City** **Final episode** The after-effects of Jac's surgery are felt around Darwin, while Dom feels more left out than ever. (S)(AD)
- 8.35 **The Bidding Room** The dealers bid on an art deco cinema seat that the owners hope will fund a holiday. (S)(R)

9 PM

- 9.00 **MasterChef** **New edition** John Torode and Gregg Wallace host the second week of heats in which another nine cooks serve up a signature dish to prove themselves worthy of a place in the next round. (S) ■ Continues tomorrow

10 PM

- 10.00 **BBC News** (S)
- 10.25 **Local News** (S)
- 10.35 **NEW SERIES** **Becoming Parents: A Believer's Guide** 1/5. Documentary exploring what faith can offer during important moments. (S)
- 11.20 **Question of Sport** With Liam Heath, Katy Daley-McLean, Tim Vine and Jermaine Beckford. (S)(R)
- 11.50 **FILM** **Tomorrowland: A World Beyond** Fantasy adventure starring George Clooney, Britt Robertson and Hugh Laurie. A gifted teenage inventor discovers a mysterious futuristic world, and attempts to uncover its secrets. (S) (2015, 12, 120min) ★★★
- 1.50 AM **Weather for the Week Ahead**
- 1.55 to 6.00 AM **BBC News** (S)

- 7.00 **Doctors** Emma strives to prove her independence. (S)(R)(AD)
- 7.30 **Rick Stein's Cornwall** The chef heads out to sea to go fishing for lobsters with chef Nathan Outlaw. (S)(R)(AD)

- 8.00 **Great British Menu: The Finals** **New edition** The eight regional champions must cook their fish courses to win a place on the menu of a banquet celebrating British broadcasting. (S) ■ Continues tomorrow

- 9.00 **NEW SERIES** **Banned! The Mary Whitehouse Story** 1/2. Documentary looking back at the life of Mary Whitehouse, who ran a 30-year campaign to turn back the tide of the permissive culture she saw sweeping through society. (S)

- 10.00 **The Witchfinder** **New episode** 4/6. Bannister fears Thomasine might not make it to Chelmsford alive. (S1) (S) ■ Entire series on BBC iPlayer

- 10.30 **Newsnight** (S)

- 11.10 **Weather** (S)
- 11.15 **FILM** **A Monster Calls** Fantasy drama starring Lewis MacDougall and featuring the voice of Liam Neeson. A boy trying to cope with his mother's terminal illness is visited by a tree monster. (S) (2016, 12, 100min) ★★★★★
- 12.55 AM **Sign Zone: Dragons' Den** A luxury product for breast cancer survivors. (S)(R)(AD)
- 1.55 **Sign Zone: MasterChef** (S)(R)(AD)
- 3.25 to 6.30 AM **Previews** (S)

- 7.30 **Emmerdale** Paddy buckles under pressure, Moira refuses to give Charity a second chance, and Laurel gives in to her feelings. (S)(AD)

- 8.00 **NEW** **Concert for Ukraine** A star-studded line-up of musicians perform some of their biggest hits, in aid of the DEC Ukraine Humanitarian Appeal, in front a live audience at Birmingham's NEC Arena. All sponsorship and advertising revenue generated from this broadcast will be donated by ITV to the DEC appeal. (S)

- 10.00 **ITV News** (S)
- 10.30 **Local News** (S)
- 10.45 **International Football Highlights** Mark Pougatch presents action from the friendly between England and Ivory Coast held at Wembley Stadium. Plus, the latest FIFA World Cup play-off finals, along with Northern Ireland v Hungary and Republic of Ireland v Lithuania. (S)

- 12.05 AM **Shop: Ideal World**
- 3.00 **Loose Women** Topical debate and celebrity interviews. (S)(R)
- 3.50 **Unwind with ITV**
- 5.05 to 6.00 AM **Tipping Point** Ben Shephard hosts the arcade-themed quiz. (S)(SL)(R)

+1 hour 203 114 35 112

- 7.00 **News** (S)
- 8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** **New edition** 2/5. Comedian Ruby Wax, TV presenter Laura Whitmore, singing coach Gareth Malone and social media star Yung Filly must make chocolate fondants, fruit turnovers and meringue showstoppers. (S)(AD)

- 9.15 **The Simpler Life** **New edition** 3/6. The volunteers try to sell their produce in the town, where the local shops prove tempting. A herd of pigs are a welcome addition but a contraband radio causes disagreements. (S)(AD) ■ Continues tomorrow

- 10.15 **Gogglebox** The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions. (S)(R)

- 11.20 **Gogglebox** Opinions on *Mare of Easttown* and *Dung Dynasty*. (S)(R)
- 12.25 AM **Ramsay's 24 Hours to Hell and Back** In New Orleans. (S)(R)
- 1.15 **Come Dine with Me** (S)(SL)(R)
- 2.10 **Iris Prize Best British Shorts: Smile** Compilation. (S)(R)
- 3.30 **Unreported World** (S)(SL)(R)(AD)
- 3.55 **George Clarke's Old House, New Home** (S)(SL)(R)(AD)
- 4.50 **Location, Location, Location** (R)
- 5.45 to 6.05 AM **Find It, Fix It, Flog It**

+1 hour 204/208 142 15 121

CHANNEL 5

105 105 805 154 105 5 105 105 105

- 5.30 AM **Milkshake!**
- 9.15 **Jeremy Vine** (S)
- 12.15 PM **George Clarke's Build a New Life in the Country**
George offers advice to a couple who intend to refurbish a Derby farmhouse. (S)(R)
- 1.10 **News** (S)
- 1.15 **Home and Away** (S)(AD)
- 1.45 **Neighbours** (S)(AD)
- 2.15 **FILM PREMIERE Too Close to Home** Thriller starring Anita Leeman Torres. (S) (2021, PG, 105min) ★★
- 4.00 **Filthy House SOS** A couple whose cluttered home is putting strain on their marriage. (S)(R)
- 5.00 **News** (S)
- 6.00 **Neighbours** Roxy's pregnancy positivity worries Kyle.(S)(R)
- 6.30 **Eggheads** **New edition** (S)



9.00 **Ben Fogle: New Lives in the...**

- 7.00 **Dream Kitchens & Bathrooms with Mark Millar**
New edition 5/8. Mark helps a couple in Torquay create a luxury kitchen. (S)
- 7.55 **News** (S)
- 8.00 **Dogs Behaving (Very) Badly**
New edition 13/15. Graeme Hall meets singer Alexandra Burke who is struggling to cope with the stubborn and jealous behaviour of her Chihuahua called Prince. (S)
- 9.00 **Ben Fogle: New Lives in the Wild**
Series finale 11/11. Ben revisits the Watkinson family, who gave up their careers as vets to live a greener existence on the rugged Pembrokeshire coast. (S)
- 10.00 **NEW Getting Away with Murder: The Killing of Mary Gough**
Documentary looking at the investigation into the death of Dublin wife Mary Gough, which eventually turned into an international manhunt. (S)
- 12.05 AM **Crimes That Shook Britain**
The crimes of Steve Wright, aka The Suffolk Strangler. (S)(R)
- 1.00 **21.co.uk Live Casino Show** (S)
- 3.00 **Entertainment News** (S)
- 3.10 **World's Most Scenic River Journeys** From Bosnia. (S)(R)
- 4.00 **Cruising with Jane McDonald**
The Inner Hebrides. (S)(SL)(R)
- 4.45 **Wildlife SOS** (S)(SL)(R)
- 5.10 to 5.35 AM **House Doctor** (R)

+1 hour 205 155 46 128

SKY SHOWCASE

106 106 806 110 109 340 355

- 6.00 AM **The Early Rundown**
- 7.00 **Kay Burley**
- 8.00 **Battle of the Alphas** (S)(R)(AD)
- 9.00 **Nothing to Declare** (S)(R)
- 10.00 **The Flash** 5/18. (S7) (S)(R)
- 11.00 **NCIS: New Orleans** (S6) (S)(R)
- 1.00 PM **Hawaii Five-0** (S2) (S)(R)
- 2.00 **S.W.A.T.** 10/23. (S2) (S)(R)(AD)
- 3.00 **Modern Family** (S5) (S)(R)
- 4.00 **Will & Grace** (S4) (S)(R)(AD)
- 5.00 **The Simpsons** *Homer's Barbershop Quartet*: With the voice of George Harrison. (S)(R)
- 5.30 **The Fresh Prince of Bel Air** 1/25. First episode of the sitcom starring Will Smith. (S)(R)
- 6.00 2/25. Will antagonises Phil and Vivian. (S1) (S)(R)
- 6.30 **The Simpsons** *Marge on the Lam*: Marge and new pal Ruth go on a girls' night out. (S)(R)



9.00 **Peacemaker**

- 7.00 **The Simpsons**
Bart's Inner Child: Homer and Marge decide to buy a self-help video. (S)(R)
- 7.30 **Boy Scoutz 'n the Hood**: Bart asks Homer to join him on a Junior Campers rafting expedition. (S)(R)
- 8.00 **NEW SERIES The Flash**
Armageddon - Part One: 1/18. Return of the superhero adventure. A powerful alien threat arrives on Earth under mysterious circumstances. See feature, page 11. (S8) (S)
- 9.00 **Peacemaker**
New episode *Best Friends, For Never*: 2/8. Following Peacemaker's hazardous escape, tension and mistrust begin to build within the team. Later, Peacemaker receives a surprise visitor. (S1)
- 10.00 **FILM Limitless**
Action thriller starring Bradley Cooper. A struggling writer boosts his brain power after taking a new pill - but the drug has nasty side effects. (2011, 15, 104min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
- 12.00 M/T **Bloods** 2/10. Spencer gets a job at the depot. (S2) (S)(R)
- 12.30 AM **Resident Alien** 5/8. Harry and Asta's trip is interrupted by an uninvited relative. (S2) (S)(R)
- 1.30 **Frayed** 5/6. Fairbank discovers a new lead. (S2) (S)(R)(AD)
- 2.30 **Road Wars** (S)(R)
- 3.00 **Hawaii Five-0** (S2) (S)(R)
- 4.00 **S.W.A.T.** 10/23. (S2) (S)(R)(AD)
- 5.00 to 6.00 AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

- BBC1**
- SCOTLAND**
Sky 951, Virgin 862, Freesat 960
7.00-7.30pm **River City**: Drama series. (S)(R)
- N. IRELAND**
Sky 953, Virgin 863, Freesat 957
10.35pm **Spotlight** (S)
11.05-11.50pm **NEW SERIES** *Becoming Parents: A Believer's Guide* (S)
- WALES**
Sky 952, Virgin 864, Freesat 964
12.30-1.00pm **X-Ray** (S)(R)
- BBC2**
- N. IRELAND**
Sky 972, Freesat 969
No variations
- WALES**
Sky 971, Freesat 971
1.45pm **First Minister's Questions** (S)(R) 2.35 **Eggheads** (S)(R) 3.05 **Street Auction** (S)(R) 3.50 **The Heights** (S)(R) (AD) 4.20 **Monkey Planet** (S)(R)(AD) 5.20-6.00pm **Coast** (S)(R)
- ITV**
No variations
- S4C**
Sky 134, Virgin 166, Freesat 120
6.00am **Cyw** 12.00noon **Newyddion S4C** a'r Tywydd
12.05pm **Dau Gi Bach** (AD) 12.30 **Heno** 1.00 **Wil ac Aeron**: Taith yr Alban 1.30 **Ffermio** 2.00 **Newyddion S4C** a'r Tywydd 2.05 **Prynhawn Da** **New edition** 3.00 **Newyddion S4C** a'r Tywydd 3.05 **Cardiff Half Marathon 2022** 4.00 **Awr Fawr** 5.00 **Stwnsh** 6.00 **Celwydd** Noeth 6.30 **Ffilmiau Ddoe** 6.35 **Bex** **New episode** 7.00 **Newyddion S4C** a'r Tywydd 7.25 **LIVE** **Sgorio Rhyngwladol** 10.00 **Hitler, Stalin** a'r **Bachgen o'r Barri** 11.00pm-12.05am **NEW SERIES** *Y Gyflwynwraig*

TV&Satellite
week
New issue on sale today

BBC3

117/141/173 107/157 23 109 179 107

- BBC3 programmes start at 7.00pm
- 
- 7.00 PM **MasterChef Australia**
New edition Guest chef Brendan Wessles sets a pressure test, challenging the contestants to prepare a lemon meringue pie.
 - 7.50 **The Catch Up**
 - 7.55 **Meet the Khans: Big in Bolton** Farylal has big plans for her makeup launch.
 - 8.20 **The Khans** buy a holiday home in Dubai.
 - 8.45 **Instatraders** Dion Hesson investigates the world of foreign exchange trading.
 - 9.30 **Hot Property** 1/8. Filly meets Ryan-Mark Parsons.
 - 10.00 **Mood** **New episode** 5/6. Sasha goes on her first girls' work trip abroad. (S1)
 - 10.45 **Famalam** Double bill of the comedy sketch show.
 - 11.30 **The Drop** The remaining creatives hit the skate park.
 - 12.30 AM **Mood** As 10.00pm.
 - 1.15 **Meet the Khans: Big in Bolton**
 - 2.05 **Instatraders**
 - 2.50 **Famalam**
 - 3.35 to 3.50 AM **Zen Motoring**

MORE4

136 136 831 147 195 18 124

- 8.55 AM **Kirstie's House of Craft**
- 9.15 **A Place in the Sun**
- 11.05 **Find It, Fix It, Flog It**
- 1.05 PM **Heir Hunters**
- 2.05 **Four in a Bed**
- 4.50 **Find It, Fix It, Flog It**
Simon O'Brien repurposes an old butcher's block into a coffee table.
- 5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw attempt restore a 1972 Ford Escort Mexico belonging to a Jersey resident with blood cancer and tuberculosis.
- 6.55 **Escape to the Chateau: DIY** Tim and Rebecca set to work renovating their kitchen.
- 7.55 **Devon and Cornwall**
Artist Steve Pleydell-Pearce decides to veer off from his normal coastal hotspots.
- 9.00 **24 Hours in A&E**
A 49-year-old is brought in with a life-threatening complication of diabetes, and a 72-year-old man has severe chest and back pains.
- 10.00 **999: What's Your Emergency?** Officers are alerted by a taxi driver to someone who has been drunk and asleep in a gutter.
- 11.05 **24 Hours in A&E**
- 12.10 AM **8 Out of 10 Cats Does Countdown**
- 1.15 **24 Hours in A&E**
- 2.20 **999: What's Your Emergency?** As 10.00pm.
- 3.25 to 3.50 AM **Food Unwrapped**

+1 hour 236 196 86 125

BBC4

116 116 107/108 9/24 106 108

- BBC4 programmes start at 7.00pm
- 
- 7.00 PM **Steam Days** Miles Kington travels along the west coast of Scotland.
 - 7.30 **Villages by the Sea**
Ben Robinson examines the history of Lindisfarne.
 - 8.00 **Keeping Up Appearances**
Hyacinth's plans to take Daddy on a picnic backfire.
 - 8.30 **Yes, Prime Minister**
Jim tries to censor the former PM's memoirs.
 - 9.00 **Gods of Snooker** 1/3. A look at how Alex 'Hurricane' Higgins upset the snooker establishment to help transform the game.
 - 10.00 **Up the Junction: The Wednesday Play**
Drama starring Carol White.
 - 11.10 **The British Garden: Life and Death on Your Lawn**
Chris Packham explores wildlife in suburban gardens over a 12-month period.
 - 12.40 AM **Steam Days**
 - 1.10 **Villages by the Sea**
 - 1.40 **Gods of Snooker**
 - 2.40 to 3.40 AM **Neanderthals: Meet Your Ancestors**

E4

135 135 830 106 145 13 122

- 6.00 AM **Hollyoaks**
- 7.00 **Ramsay's Kitchen Nightmares USA**
- 9.00 **Married at First Sight Australia**
- 10.30 **The Big Bang Theory**
- 11.00 **Young Sheldon**
- 12.00 NOON **Brooklyn Nine-Nine** 6&7/18. (S6)
- 1.00 PM **The Big Bang Theory**
- 3.00 **Young Sheldon**
- 4.00 **Brooklyn Nine-Nine**
- 5.00 **The Big Bang Theory**
Four episodes. (S10&4)
- 7.00 **Hollyoaks** Cindy scrambles to fix Luke's mistake.
- 7.30 **Married at First Sight Australia** **New edition**
With the Commitment Ceremony now behind them, the couples embark on the next phase of the experiment, the Retreat.
- 9.00 **Celebrity Gogglebox**
Antiques Roadshow and *Basic Instinct* are appraised.
- 10.00 **Naked Attraction**
Singletons from London and Wigan each choose dates from six naked people.
- 11.05 **Naked Attraction**
- 12.10 AM **First Dates**
- 1.15 **Married at First Sight Australia** As 7.30pm
- 2.45 **Celebrity Gogglebox**
- 3.40 **Below Deck: Mediterranean**
- 4.30 **Ramsay's Kitchen Nightmares USA**
- 5.20 to 6.00 AM **Mike & Molly**

+1 hour 235 146 30 123

Tuesday

primetime

primetime

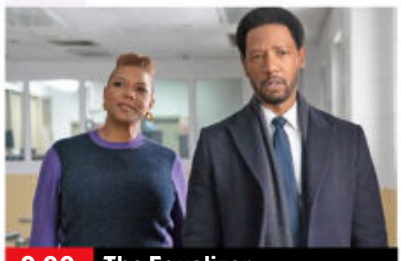
TUESDAY Entertainment

Tuesday

Sky Witness

107 107 807 112 111 341 356

- 6.00 AM **Nothing to Declare**
- 8.00 **Border Patrol**
- 9.00 **Send in the Dogs**
- 10.00 **The Force: Manchester**
- 11.00 **Law & Order** 5/24. (S14)
- 12.00 NOON **Bull** 13/22. A woman is accused of orchestrating her wealthy husband's death. (S2)
- 1.00 PM **Blue Bloods** (S9)
- 3.00 **Coroner** 2/8. A body that does not have any ID is found in the middle of a road. (S2)
- 4.00 **Paramedics Australia**
- 5.00 **Nothing to Declare**



9.00 **The Equalizer**

Sky Atlantic

108/109 108/109 808 342 357

- 6.00 AM **Fish Town**
- 7.40 **CSI** 17/24. (S6)
- 8.30 **The Sopranos** (S4)
- 11.10 **Game of Thrones** 1/7. (S7)
- 12.15 PM **Raised by Wolves** (S1)
- 2.25 **Hausen** 6/8. (S1)
- 3.30 **Ray Donovan** 12/12. Ray heads to New York. (S5)
- 4.35 1/12. A suicidal Ray is pulled from the East River. (S6)
- 5.40 **The Sopranos** 1/13. Tony hopes he can persuade Dr Melfi to see him in a new light.
- 6.50 2/13. Old memories haunt Christopher. (S5)



11.10 **Raised by Wolves**

Sky Max

113/114 113/114 122 121 345 360

- 6.00 AM **Stargate SG-1** (S5)
- 8.00 **Arrow** 16/22. (S7)
- 9.00 **DC's Legends of Tomorrow**
- 10.00 **The Flash** 5/18. (S7)
- 11.00 **NCIS: New Orleans** (S6)
- 1.00 PM **Hawaii Five-0**. (S2)
- 2.00 **S.W.A.T.** 10/23. (S2)
- 3.00 **DC's Legends of Tomorrow**
- 4.00 **Arrow** 17/22. (S7)
- 5.00 **The Flash** 5/18. A new villain unleashes terror. (S7)
- 6.00 **Stargate SG-1** 4/22. Teal'c, Carter and Daniel return to Stargate Command. (S5)



9.00 **Peacemaker**

ITV2

118 118 816 115 176 6 113

- 6.00 AM **Dress to Impress**
- 7.00 **The Ellen DeGeneres Show**
- 8.00 **Love Bites**
- 9.00 **Secret Crush**
- 10.00 **Dress to Impress**
- 11.00 **Love Bites**
- 12.00 NOON **Supermarket Sweep**
- 1.00 PM **Catchphrase**
- 2.00 **Family Fortunes**
- 3.00 **The Ellen DeGeneres Show**
New edition With Lana Condor.
- 4.00 **The Masked Singer US**
- 5.00 **You've Been Framed!**
- 6.00 **Celebrity Catchphrase**

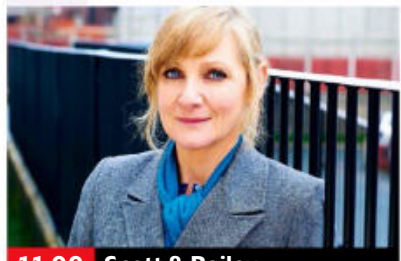


8.00 **Bob's Burgers**

ITV3

119 119 817 117 177 10 115

- 6.00 AM **Classic Coronation Street**
- 7.00 **Classic Emmerdale**
- 8.05 **Man About the House**
- 8.40 **That's My Boy**
- 9.40 **Upstairs, Downstairs**
- 11.50 **Heartbeat**
- 2.00 **PM Classic Emmerdale**
- 3.00 **Classic Coronation Street**
- 4.05 **Midsomer Murders A Rare Bird**: The president of an ornithological society is killed.
- 6.00 **Heartbeat Father's Day**: Nick is attacked, and Blaketon's home life suffers.



11.00 **Scott & Bailey**

7 PM

- 7.00 **Nothing to Declare**
Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 **Blue Bloods** *Something Blue*: 22/22. Erin interviews a witness who leads her to doubt Eddie's honesty. (S9)

9 PM

- 9.00 **The Equalizer**
New episode *Bout That Life*: 9/12. McCall fights to prove a famous rapper is innocent of murder. (S2)

10 PM

- 10.00 **Criminal Minds** *Face Off*: 9/10. The BAU team set out on an epic manhunt to capture serial killer Everett Lynch. (S15)
- 11.00 **Law & Order: SVU** (S12)
- 12.00 M/T **The Rookie** 10/20. (S1)
- 1.00 AM **Bull** 12/16. (S5)
- 2.00 **Transplant** 12/13. (S1)
- 3.00 **Bull** As shown at 12.00noon.
- 4.00 **Road Wars**
- 5.00 to 6.00 AM **Brit Cops: Frontline Crime UK**

+1 hour 207 206

- 7.55 **Game of Thrones** *Stormborn*: 2/7. Daenerys receives an unexpected visitor, Tyrion plans the conquest of Westeros, and Jon faces a revolt. (S7)

- 9.00 **Winning Time: The Rise of the Lakers Dynasty**
New episode *The Best Is Yet to Come*: 3/10. Drama starring John C Reilly.

- 10.05 **Winning Time: The Rise of the Lakers Dynasty**
New episode *Who the F*** Is Jack McKinney*: 4/10. Drama. (S1)

- 11.10 **Raised by Wolves** 9/10. The Mithraic become increasingly concerned over Marcus's behaviour. (S1)
- 12.15 AM **Funeral for a Dog** (S1)
- 2.15 **Big Love** 12/12. (S2)
- 3.25 **In Treatment** (S3)
- 4.00 to 6.00 AM **Fish Town**

+1 hour 208/209

- 7.00 **Stargate SG-1** *Red Sky*: 5/22. The wormhole triggers an ecological disaster that threatens a friendly planet. (S5)

- 8.00 **NEW SERIES** **The Flash** *Armageddon - Part One*: 1/18. A powerful alien threat arrives on Earth. See feature, page 11. (S8)

- 9.00 **Peacemaker**
New episode *Best Friends, For Never*: 2/8. Peacemaker receives a surprise visitor. (S1)

- 10.00 **Strike Back: Retribution** 3/10. Mac and Wyatt are forced to go undercover to infiltrate a group of white supremacists. (S6)

- 11.00 **SEAL Team** 8/14. A mission goes sideways and lands the whole team in hospital. (S5)
- 12.00 M/T **Resident Alien** 5/8. (S2)
- 1.00 AM **Frayed** 5/6. (S2)
- 2.00 **Arrow** 12/22. (S7)
- 3.00 **Hawaii Five-0** 22/23. (S2)
- 4.00 **S.W.A.T.** 10/23. (S2)
- 5.00 to 6.00 AM **Highway Patrol**

- 7.00 **Superstore** 18/22. Mateo's undocumented status causes problems. 7.30 19/22. Glenn brings his foster children in. (S2)

- 8.00 **Bob's Burgers** 20/23. Bob goes to hospital. 8.30 21/23. Tina and Louise attend a Boyz 4 Now concert. (S3)

- 9.00 **Family Guy** 14/18. Joe quits his job and takes the guys on a road trip. 9.30 15/18. Brian goes to obedience classes. (S13)

- 10.00 **Plebs** 1/8. Marcus is thrown into turmoil. 10.30 2/8. The boys' bar receives a bad review from a food critic. (S4)

- 11.00 **Family Guy** 4/18. Brian becomes an estate agent. (S13)
- 11.30 **American Dad!** (S13&12)
- 12.25 AM **Bob's Burgers** (S3)
- 1.20 **Superstore** (S2)
- 2.10 **Hey Tracey!** (S2)
- 3.05 to 3.30 AM **Totally Bonkers Guinness World Records**

+1 hour 218 116 29 114

- 7.00 **Heartbeat** *Endangered Species*: A hit-and-run incident alerts Nick to the presence of badger-baiters in the village.

- 8.00 **Midsomer Murders** *The Magician's Nephew*: A magician becomes the prime suspect when his assistant drops dead on stage, poisoned by the toxins from a tropical frog. Guest stars Ronald Pickup and Stuart Wilson.

- 10.00 **Law & Order: UK** *The Wrong Man*: 1/6. Brooks and Devlin investigate a hospital department. With James Fox. (S5)

- 11.00 **Scott & Bailey** 6/8. Janet turns down Andy's invitation for a drink. (S2)
- 12.05 AM **Midsomer Murders** *Death's Shadow*: Barnaby and Troy investigate the murder of a property developer.
- 2.05 to 2.30 AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106

REST OF UK 194 162 110

- 12.00 NOON **This Is BBC Scotland**
- 7.00 PM **Born to Be Wild**
April rears a badger cub.
- 8.00 **The Falkirk Cowboys**
The story of the amateur cowboy films made by Falkirk factory workers in the 1970s.
- 9.00 **The Nine**
- 10.00 **The Brooklyn Scotsman** Documentary following Scottish hip-hop artist Stevie Creed, as he travels to New York to reconnect with his past and pursue his musical dreams.
- 11.00 PM to 12.00 M/T **Gold Town** 2/3. The delays in building the processing plant for the gold mine continue, with unrelenting rain making the ground too dangerous for the contractors to operate their heavy machinery.

Sky Comedy

114/115 135 123 346 361

- 8.00 AM **Parks and...**
- 9.00 **Fresh Prince of Bel Air**
- 10.00 **Will & Grace** (S7)
- 11.30 **The Office (US)** (S9)
- 12.00 NOON **The Mindy Project** 23&24/24. (S1)
- 1.00 PM **Miracle Workers: Oregon Trail** (S3)
- 2.00 **A.P. Bio** 10&11/13. (S2)
- 3.00 **Modern Family** (S5)
- 4.00 **Will & Grace** (S4)
- 5.00 **The Office (US)** (S9)
- 5.30 **Fresh Prince of Bel Air**
- 6.30 **Will & Grace** (S7)
- 8.00 **Parks and Recreation**
- 9.00 **Somebody Somewhere**
New episodes 6&7/8. Double bill. (S1)
- 10.10 **Pen15** 15/15. (S2)
- 11.00 **The Tonight Show Starring Jimmy Fallon**
New edition Chat show.
- 12.00 M/T **Bloods** 2/10. (S2)
- 12.30 AM **The Late Late Show with James Corden** *New edition*
- 1.30 **A.P. Bio** 6-10/13. (S1)
- 4.00 to 5.00 AM **Everybody Hates Chris**

Sky Arts

130 130 165 140 11 147 364

- 6.00 AM **Highlights**
- 9.00 **Tales of the Unexpected**
- 10.00 **Discovering**
- 11.00 **Music Icons**
- 11.30 **Video Killed the Radio Star** Bjork's videos.
- 12.00 NOON **Cold War & Cinema** Documentary.
- 1.00 PM **Tales of the...**
- 2.00 **Discovering**
- 3.00 **Too Young to Die**
- 4.00 **Van Gogh & Japan**
- 5.00 **Tales of the Unexpected**
- 6.00 **Discovering**
- 7.00 **Brunelleschi's Impossible Dome**
- 8.00 **Vermeer from the National Gallery**
- 9.00 **Girl with a Pearl Earring and Other Treasures of the Mauritshuis**
- 10.00 **Nick Cave & the Bad Seeds: One More Time with Feeling**
- 12.00 M/T **FILM** *Listen to Me Marlon* (2015) ★★★★★
- 2.00 AM **Fantastic Mr Murray**
- 3.00 **Off Camera**
- 4.10 to 6.00 AM **Highlights**

Pick

159 156 36 144

- 7.00 AM **Border Security: Canada's Front Line**
- 8.00 **Motorway Patrol**
- 9.00 **Police Force: Australia**
- 10.00 **Police Ten 7**
- 11.00 **Highway Cops**
- 12.00 NOON **Highway Patrol**
- 1.00 PM **Border Patrol**
- 2.00 **Border Security: Canada's Front Line**
- 3.00 **Nothing to Declare**
- 4.00 **Stargate SG-1** (S3)
- 5.00 **Star Trek: The Next Generation** 4/26. (S4)
- 6.00 **Stargate Atlantis** (S1)
- 7.00 **Hawaii Five-0** (S2)
- 8.00 **Killer in My Village**
- 9.00 **FBI** 6/22. (S1)
- 10.00 **Grimm** 15/22. (S2)
- 11.00 **Killer Colleagues**
- 12.00 M/T **Britain's Most Evil Killers** Stephen Farrow.
- 1.00 AM **The Force: North East** Documentary.
- 2.00 **Nothing to Declare**
- 3.00 **Border Patrol**
- 4.00 **Motorway Patrol**
- 5.00 to 6.00 AM **Police Force: Australia**

Comedy Central

112/113 181 132 344 370

- 8.00 AM **Last Man Standing**
- 9.00 **My Wife and Kids** (S3)
- 11.00 **Younger** (S7)
- 1.00 PM **Friends** (S10)
- 7.00 **Friends** 15/18. Rachel worries about relocating. 7.30 16/18. The gang throw a going-away party for Rachel. 8.00 17&18/18. Last episode. Monica and Chandler wait for Erica to give birth. (S10)
- 9.00 **FILM** *Along Came Polly* Romantic comedy starring Jennifer Aniston and Ben Stiller. (2003, 12, 90min) ★★
- 10.50 **Jimmy Carr: Live**
- 11.50 **Rhod Gilbert's Growing Pains**
- 12.50 AM **Ricky Gervais Show**
- 1.50 **John Robins at the Comedy Store**
- 2.20 **Phil Wang at the Comedy Store**
- 2.50 **South Park** (S12)
- 3.45 to 5.00 AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 179 28 119

- 7.00 AM **The Real Housewives of Cheshire**
- 8.00 **Buying and Selling**
- 9.00 **LittleBe**
- 12.00 NOON **Unboxed**
- 12.30 PM **The Real Housewives of Potomac**
- 1.25 **The Real Housewives of Cheshire** Reality series.
- 2.25 **The Only Way Is Essex**
- 3.10 **Little Women: LA**
- 4.05 **The Real Housewives of Beverly Hills**
- 5.00 **The Real Housewives of Orange County**
- 6.00 **Masters of Flip**
- 7.00 **Buying and Selling**
- 8.00 **Dinner Date**
- 9.00 **Botched**
- 10.00 **For Real: The Story of Reality TV** Reality TV's fascination with wealth.
- 11.00 **Million Dollar Matchmaker**
- 11.55 **The Only Way Is Essex**
- 12.45 to 1.00 AM **Unwind with ITV**

+1 hour 120 58

ITV4

120 120 818 118 178 26 117

- 6.00 AM The Champions
- 6.50 The Avengers
- 7.55 The Professionals
- 8.55 Minder
- 10.05 The Champions
- 11.15 The Avengers
- 12.20 PM Great Racehorses
- 12.45 **LIVE** Snooker: Tour Championship Coverage of the afternoon session on day two at Venue Cymru in Llandudno.
- 4.00 The Professionals
- 5.05 Minder
- 6.10 Extreme Salvage Squad



5.05 Minder

- 7.05 Dramatic Finishes A selection of dramatic horse racing finishes.
- 7.15 **LIVE** Snooker: Tour Championship Jill Douglas presents coverage of the evening session on day two from Venue Cymru in Llandudno, featuring the conclusion of the second quarter-final. Commentary by David Hendon and Phil Yates, analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and reports by Rob Walker
- 10.30 All Elite Wrestling: Rampage The latest hard-hitting action.
- 11.35 Against the Odds The story of racehorse Desert Orchid.
- 12.35 AM Auto Mundial News and reviews from the world of cars.
- 1.00 Motorsport Mundial Round-up of motorsport news.
- 1.35 Minder
- 2.40 to 3.00 AM Unwind with ITV

+1 hour 220 175 60 118

Syfy

152 152 836 139 138 347 362

- 6.00 AM Quantum Leap (S2)
- 7.00 Star Trek: Enterprise (S4)
- 8.00 Teleshopping
- 11.00 Star Trek: Voyager (S2)
- 12.00 NOON Stargate Atlantis (S4)
- 1.00 PM The Librarians (S3)
- 2.00 V 14/19. (S3)
- 3.00 Fringe As 8.00pm.
- 4.00 Stargate Atlantis 4/20. (S4)
- 5.00 Stargate SG-1 18/22. (S3)
- 6.00 Star Trek: Enterprise 15/22. Part one of two. Archer sets to rescue Dr Phlox, who has been kidnapped by Klingons. (S4)



10.00 Moon Crash

- 7.00 Quantum Leap Goodnight, Dear Heart: 17/22. Sam becomes a mortuary attendant. Guest stars Marcia Cross. (S2)
- 8.00 Fringe Nothing As It Seems: 16/22. A case appears familiar to Peter, and Walter throws a birthday celebration. (S4)
- 9.00 Grimm El Cucuy: 5/22. A powerful Wesen becomes a vigilante, and Juliette learns the truth about Nick's mother. (S3)
- 10.00 **FILM** Moon Crash Thriller starring Jeremy London and Tyler Christopher. (2022, 15, 89min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.00 M'T Stargate SG-1 18/22. Earth's diplomatic relations suffer a blow. (S3)
- 1.00 AM Stargate Atlantis (S4)
- 2.00 Star Trek: Enterprise (S4)
- 3.00 Star Trek: Voyager (S2)
- 4.00 Fringe As 8.00pm.
- 5.00 to 6.00 AM V

+1 hour 229

Alibi

132 132 827 126 212

- 7.10 AM Murdoch Mysteries (S1)
- 9.00 Unforgettable 9/13. (S2)
- 10.00 Major Crimes 9/23. (S4)
- 11.00 Rizzoli & Isles 1/18. (S5)
- 12.00 NOON Death in Paradise
- 1.00 PM Father Brown
- 2.00 Murdoch Mysteries (S11)
- 4.00 Unforgettable 13/13. (S2)
- 5.00 Major Crimes 10/23. A dangerous gang appears on the team's radar. (S4)
- 6.00 Death in Paradise 1/8. The owner of a sugar plantation is found murdered. (S2)



7.00 Rizzoli & Isles

- 7.00 Rizzoli & Isles A New Day: 1/18. The team investigate the murder of a jogger, while Jane hides her pregnancy. (S5)
- 8.00 Hudson & Rex School Days: 4/16. A controversial university professor is found dead in his classroom. (S1)
- 9.00 Major Crimes Fifth Dynasty: 10/23. A gang appear on the team's radar after the son of a judge is murdered. (S4)
- 10.00 Annika 2/6. When a body is found on a boat in the Clyde, the case takes the team to the Isle of Bute. (S1)
- 11.00 Death in Paradise 1/8. The owner of a sugar plantation is found with a machete in his back. Guest stars Stephanie Beacham and Tom Ward. (S2)
- 12.00 M'T Traces 1&2/6. (S2)
- 2.00 to 4.00 AM Murdoch Mysteries

+1 hour 232 191

GOLD

110/111 110/111 124 343 358

- 7.00 AM Highlights
- 8.20 Ever Decreasing Circles
- 9.00 Hi-de-Hi!
- 9.40 Last of the Summer Wine
- 11.00 The Green Green Grass
- 11.40 Dad's Army
- 1.00 PM Victoria Wood
- 1.40 The Good Life
- 2.25 Desmond's
- 3.00 The Green Green Grass
- 3.40 Dad's Army
- 4.20 Last of the Summer Wine
- 5.40 Hi-de-Hi!
- 6.20 Desmond's



7.00 Ever Decreasing Circles

- 7.00 Ever Decreasing Circles Paul helps when Martin has trouble sleeping.
- 7.40 Dad's Army The platoon prepare for an official visit from a French general.
- 8.20 Gavin & Stacey Dave is unhappy about Nessa's plan to visit Essex to let Smithy see the baby.
- 9.00 Newark, Newark New episode 2/3. Pauline devises a plan. (S1)
- 9.40 The Good Life Margo and Jerry persuade Tom and Barbara to consider taking a holiday.
- 10.20 Billy Connolly Does... Billy ruminates about nightmare family holidays.
- 11.20 Peep Show Mark finds out about Elena's guilty secret.
- 11.55 Mark and Jeremy decide to throw a party.
- 12.30 AM French and Saunders
- 1.10 Victoria Wood
- 1.50 The Good Life As 9.40pm.
- 2.25 to 4.00 AM Peep Show

+1 hour 210/211 194

Dave

111/112 127 227 19 157

- 7.10 AM Sin City Motors
- 8.00 Timber Kings
- 9.00 Storage Hunters UK
- 10.00 Top Gear With Hugh Grant.
- 11.00 Expedition with Steve Backshall From Suriname.
- 12.00 Red Bull Soapbox Race
- 1.00 PM Border Force: America's Gatekeepers
- 2.00 Expedition with Steve...
- 3.00 Rick Stein's India
- 4.00 Red Bull Soapbox Race
- 5.00 Rick Stein's Long Weekends
- 6.00 Taskmaster With Jo Brand.



10.00 Unforgivable

- 7.00 Richard Osman's House of Games With Sarah Greene and Holly Walsh.
- 7.40 Room 101 With guests Rob Delaney, Davina McCall and Laurence Fox.
- 8.20 Would I Lie to You? With Hugh Dennis, Ben Fogle, Kate Silverton and Craig Revel Horwood.
- 9.00 QI Sandi Toksvig looks at 'quacks' and 'quackery', with Stephen K Amos, Victoria Coren Mitchell, and Claudia Winkleman.
- 10.00 Mel Giedroyc: Unforgivable Series finale Jason Manford talks about avoiding sharing a room with his brother.
- 11.00 Meet the Richardsons Lucy jets off to Los Angeles.
- 11.35 QI With Phill Jupitus.
- 12.15 AM Hypothetical
- 1.20 Would I Lie to You?
- 2.00 Mel Giedroyc: Unforgivable
- 2.50 to 4.00 AM Misadventures of Romesh Ranganathan

+1 hour 211 131 74

GREAT! tv

157 189 50 142

- 6.00 AM Charlie's Angels
- 7.00 Crazy Like a Fox (S2)
- 8.00 Highway to Heaven
- 10.00 **FILM** Love on the Sidelines Comedy. (2016, PG, 86min) ★★
- 11.50 GREAT! Movie News
- 12.00 NOON Sue Thomas: F.B. Eye 1/19. (S1)
- 1.00 PM Perception (S2)
- 2.00 Body of Proof (S2)
- 3.00 Castle 20/22. (S8)
- 4.00 Murder, She Wrote
- 7.00 M*A*S*H Four episodes of the series, including at: 8.30 12/20. Klinger's army newspaper reports on Hawkeye's monument to military incompetence. (S9)
- 9.00 Who Wants to Be a Millionaire? Four editions of the quiz.
- 1.00 AM M*A*S*H (S9)
- 3.00 Hart to Hart 6/24. (S3)
- 3.45 Crazy Like a Fox (S2)
- 4.30 to 6.00 AM Highway to Heaven

+1 hour 257 220 62 143

4seven

137 143 203 49 127

- 9.00 AM Four in a Bed
- 9.30 Come Dine with Me
- 10.30 A New Life in the Sun
- 11.30 A Place in the Sun
- 2.30 PM Come Dine with Me
- 5.00 A Place in the Sun
- 6.00 A New Life in the Sun
- 7.00 George Clarke's Old House, New Home
- 8.00 Ugly House to Lovely House with George Clarke Property series.
- 9.00 Grand Designs
- 10.00 Police Custody USA How a murder rocked a close-knit community in Kansas City.
- 11.05 The Great Celebrity Bake Off for Stand Up to Cancer
- 12.25 AM Britain's Most Expensive Houses
- 1.30 Rescue: Extreme Medics Documentary.
- 2.35 Location, Location, Location Property series.
- 3.35 to 4.35 AM Extraordinary Escapes with Sandi Toksvig

+1 hour 241 185 130

5USA

141 141 153 21 129

- 9.00 AM NCIS
- 10.55 Entertainment News
- 11.00 NCIS 14/24. (S8)
- 12.00 NOON Law & Order
- 2.55 PM Entertainment News
- 3.00 Law & Order (S19)
- 6.00 NCIS Enemy on the Hill: 4/24. The team try to uncover the motive behind a contract killing.
- 7.00 Safe Harbour: 5/24. A coastguard officer is found dead.
- 8.00 Thirst: 6/24. A navy lieutenant dies of overhydration. (S9)
- 9.00 Law & Order: Criminal Intent Bedfellows: 5/22. A historian is poisoned.
- 10.00 Masquerade: 6/22. Goren and Eames travel to Vietnam. (S6)
- 11.00 Law & Order: Special Victims Unit (S13)
- 2.50 AM Law & Order: Criminal Intent (S1)
- 3.35 to 4.00 AM Criminals: Caught on Camera

+1 hour 241 185 130

5STAR

128 151 32 131

- 8.00 AM 999: Criminals Caught on Camera
- 8.20 Shoplifters & Scammers
- 9.10 Filthy House SOS
- 10.10 Judge Judy
- 12.00 NOON Traffic Cops
- 1.00 PM Traffic Cops: On the Edge
- 2.00 Police Interceptors
- 5.00 Shoplifters & Scammers
- 6.00 Home and Away
- 7.00 Caught on Camera: Funniest Moments
- 8.00 Burglars & Break-Ins: Caught on Camera
- 9.00 **FILM** Enemy of the State Thriller. (1998, 15, 127min) ★★★★★
- 11.45 **FILM** Days of Thunder High-speed drama. (1990, 15, 107min) ★★★
- 1.55 AM Casualty 24/7: Every Second Counts
- 2.55 100% Hotter
- 3.50 to 4.00 AM Entertainment News

+1 hour 228 186 141

W

109/110 125 211 25 156

- 6.10 AM My Dream Home
- 8.00 Tipping Point
- 10.00 The Bill
- 11.00 Inside the Vets
- 12.00 NOON Inside the Ambulance
- 2.00 PM Tipping Point
- 4.00 My Dream Home
- 6.00 MasterChef USA: Legends Curtis Stone joins the regular judges.
- 7.00 Property Brothers: Forever Homes
- 8.00 Inside the Ambulance New edition Helping a man with a possible ruptured appendix.
- 9.00 Louis Theroux: America's Most Dangerous Pets
- 10.00 999 Rescue Squad New edition The team are called to a major fire.
- 11.00 Inside the Ambulance
- 12.00 M'T One Born Every Minute Documentary.
- 1.00 to 3.00 AM Tipping Point

+1 hour 209/210 190

Drama

143 130 20 158

- 7.00 AM Brush Strokes
- 7.40 Hetty Wainthropp Investigates
- 8.35 The Bill
- 9.35 Classic Holby City
- 10.55 Classic Casualty
- 12.00 NOON The Bill
- 1.00 PM Classic EastEnders
- 2.20 Hetty Wainthropp Investigates
- 3.20 Lovejoy
- 4.20 Pie in the Sky
- 5.20 Brush Strokes
- 6.00 Are You Being Served?
- 6.40 Last of the Summer Wine Double bill.
- 8.00 Dalziel & Pascoe On Beulah Heights: The duo investigate the murder of an eight-year-old girl.
- 10.00 New Tricks Mad Dogs: Jack and Strickland are forced to break the rules to solve a case.
- 11.20 Silent Witness
- 1.55 AM Kavanagh QC
- 3.25 to 4.00 AM Brush Strokes

+1 hour 243 226 60

TUESDAY

Documentaries

Tuesday

CBS Drama

147 197 68 134

9.00 AM Perry Mason
 11.00 Matlock 8/22. (S6)
 12.05 PM Medium 6/16. (S1)
 1.00 JAG 14&15/24. (S6)
 3.00 Perry Mason
 5.00 Unsolved Mysteries
 6.55 Judge Judy Real-life small-claims cases.
 9.00 Medium *Coming Soon:* 6/16. Allison has a dream about a man abducting Ariel, then runs into the supposed kidnapper at the District Attorney's office. (S1)
 10.00 Unsolved Mysteries The story of a woman who has been missing since 1994, and the unusual suicide of a military police officer.
 11.00 A convicted murderer who has been on the run for 30 years.
 11.55 Judge Judy
 2.00 AM Medium As 9pm.
 3.00 Evidence of Evil
 4.00 Something's Killing Me
 4.55 to 6.00 AM Matlock

CBS Justice

148 192 41 137

9.00 AM Diagnosis Murder
 11.00 The Fugitive (S3)
 12.00 NOON Perry Mason
 1.05 PM Walker, Texas Ranger 23&24/25. (S7)
 3.00 CSI: Miami 15/24. (S3)
 4.00 NCIS 14/24. (S10)
 5.00 The Fugitive (S3)
 6.00 Perry Mason
 7.05 Walker, Texas Ranger
 9.00 CSI: Miami *Identity:* 15/24. A body is discovered that appears to have been eaten by a large snake. (S3)
 10.00 NCIS *Canary:* 14/24. Gibbs and the team capture a computer hacker who could hold the key to tracking down a terrorist. (S10)
 11.00 Diagnosis Murder
 1.00 AM Walker, Texas Ranger (S7&8)
 2.55 JAG 8/24. (S3)
 3.55 Donal MacIntyre: Unsolved
 4.40 to 6.00 AM Medical Detectives

Challenge

160 160 48 146

7.00 AM The Chase
 10.00 Play Your Cards Right
 11.00 The Price Is Right
 12.00 NOON Wheel of Fortune Double bill.
 1.00 PM Catchphrase
 2.00 Family Fortunes
 3.00 Lily Savage's Blankety Blank Triple bill of the comedy quiz show.
 5.00 Bullseye Double bill.
 6.00 Tenable Five family members from Northumberland take part in the quiz show.
 7.00 Pointless Celebrities A Eurovision edition, featuring Cheryl Baker, Mike Nolan, Johnny Logan, Dana and Sonia.
 8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
 10.00 Who Wants to Be a Millionaire? Quiz show.
 11.00 Bullseye Double bill of the darts-based quiz.
 12.00 M'T The Chase
 5.00 to 6.00 AM Bullseye

E!

151 151 835 164 163

7.00 AM Kourtney and Khloe Take the Hamptons
 8.00 Keeping Up with the Kardashians
 10.00 Dash Dolls
 11.00 Keeping Up with the Kardashians
 12.00 NOON News: Daily Pop
 1.00 PM Keeping Up with the Kardashians
 7.00 True Hollywood Story Exploring the darker side of beauty.
 8.00 Botched A woman who claims Santa Claus broke her nose seeks Paul Nassif's help.
 9.00 Hollywood Medium with Tyler Henry With Lil' Kim, Jamie-lynn Sigler and Lance Bass.
 10.00 Nightly Pop
 11.00 Dr 90210
 12.00 M'T Dash Dolls
 1.00 AM Kourtney and Khloe Take the Hamptons
 2.00 Teleshopping
 3.00 to 5.00 AM Second Wives Club

Sky Documentaries

121 121 819 278 277 352 367

6.00 AM Music Box
 8.00 Richard E Grant's Hotel Secrets
 9.00 Discovering: Richard Attenborough
 10.00 The Directors
 11.00 Too Young to Die
 12.00 NOON The Nineties
 1.00 PM Escobar by Escobar
 2.00 The Scheme
 4.10 Discovering: Richard Attenborough
 5.00 The Directors
 6.00 Too Young to Die
 7.00 The Nineties
 8.00 Escobar by Escobar
 9.00 What's My Name: Muhammad Ali 1&2/2. Chronicling the life of one of boxing's most iconic figures.
 12.10 AM Drew: The Man Behind the Poster
 2.10 Manhunt: The Search for Bin Laden
 4.10 The Directors
 5.00 to 6.00 AM Richard E Grant's Hotel Secrets

Sky Nature

124 124 822 280 279 354 369

6.00 AM The Wild Wild East
 7.00 Monkey Life
 8.00 Battle of the Alphas
 9.00 Undiscovered Vistas
 10.00 Amazing Animal Friends
 11.00 Orangutan Jungle School Documentary.
 12.00 NOON Hope for Wildlife
 1.00 PM Monkey Life
 2.00 Battle of the Alphas
 3.00 Undiscovered Vistas
 4.00 Amazing Animal Friends
 5.00 Orangutan Jungle...
 6.00 Hope for Wildlife
 7.00 Monkey Life
 8.00 Land of Primates
 9.00 Gangs of Lemur Island
 10.00 Orangutan Jungle...
 11.00 Hope for Wildlife
 12.00 M'T Africa's Wild Horizons Focusing on the Kalahari Desert.
 1.00 AM Bear: Koala Hero
 2.00 Land of Primates
 3.00 Gangs of Lemur Island
 4.00 Battle of the Alphas
 5.00 to 6.00 AM Undiscovered Vistas

HGTV

158 286 44 166

7.00 AM Homes Under the Hammer From Margate.
 8.00 Fantasy Homes by the Sea From Hampshire.
 9.00 A Place in the Sun: Home or Away
 10.00 Escape to the Country
 12.00 NOON Love Your Garden Cambridgeshire.
 1.00 PM Fixer Upper
 2.00 A Place in the Sun
 3.00 Fantasy Homes by...
 4.00 Building the Dream
 5.00 Homes Under the...
 6.00 A Place in the Sun
 7.00 Escape to the Country
 8.00 Love Your Garden
 9.00 My Dream Home: Brother v Brother
 10.00 100 Day Dream Home *New edition*
 11.00 Fixer Upper
 12.00 M'T Escape to the Country From Devon.
 1.00 AM Building the Dream
 2.00 Homes Under the...
 3.00 to 4.00 AM Island Life
 +1 hour 258 290

Food Network

140 285 43 148

6.00 AM Michel Roux's French Country Cooking
 7.00 The Pioneer Woman
 8.00 Guy's Grocery Games *New edition*
 9.00 The Hairy Bikers: Mums Know Best
 10.00 Tom's Proper Pub Food
 11.00 Nigel's Simple Suppers
 12.00 NOON Great British...
 1.00 PM Friday Night Feast
 2.00 James Martin's French...
 3.00 Rachel's Easy Meals
 4.00 Tom's Proper Pub Food
 5.00 The Pioneer Woman
 5.30 Delicious Miss Brown *New edition*
 6.00 Barefoot Contessa
 6.30 Girl Meets Farm
 7.00 Great British Bake Off
 8.00 James Martin's French Adventures *New edition*
 9.00 Tom's Proper Pub Food
 10.00 Nigel's Simple Suppers
 11.00 Restaurant: Impossible
 12.00 M'T Guy's Grocery...
 1.00 to 3.00 AM Highlights
 +1 hour 240 149

DMAX

172 171 39 150

6.00 AM Salvage Dawgs
 7.00 Tanked
 8.00 Treehouse Masters
 9.00 Yukon Men
 10.00 Alaska: Last Frontier
 11.00 Life Below Zero
 12.00 NOON Last Alaskans
 1.00 PM Building Alaska
 2.00 Maine Cabin Masters
 3.00 Jade Fever
 4.00 Destroyed in Seconds
 5.00 Alaskan Bush People
 6.00 Outback Opal Hunters
 7.00 Deadliest Catch
 8.00 Alaska: Last Frontier
 9.00 *NEW SERIES* Life Below Zero
 10.00 Deadliest Catch
 11.00 Life Below Zero
 12.00 M'T Edge of Alaska
 1.00 AM Naked and Afraid
 2.00 Kindig Customs
 3.00 Born Survivor
 3.50 Tanked
 4.40 Maine Cabin Masters
 5.30 to 6.00 AM Salvage Dawgs
 +1 hour 272 214 151

5Action

150 187 150 33 132

9.00 AM Entertainment News
 9.10 Traffic Cops
 11.10 *FILM* Coroner Creek Western. (1948, PG) ★★
 1.05 PM *FILM* Cimarron Western remake. (1960, U, 142min) ★★★
 4.00 Trucking Hell: Extreme Road Rescue
 5.00 Traffic Cops
 7.00 Police Interceptors Double bill of editions.
 9.00 *Warship: Life at Sea* HMS *Northumberland* receives intelligence about a Russian submarine that is under surveillance.
 10.00 *Police: Hour of Duty*
 11.00 *Fights, Camera, Action!*
 12.00 M'T Britain's Biggest Armed Robbery
 1.00 AM 999: Criminals Caught on Camera
 3.00 Seconds from Death: Caught on Camera
 3.50 Car Crash TV
 4.35 to 5.00 AM Criminals: Caught on Camera

Sky Crime

122 122 820 137 136 348 363

6.00 AM Highway Patrol
 7.00 Caught Red Handed
 8.30 Customs UK
 9.00 Nothing to Declare
 10.00 Brit Cops
 11.00 Road Wars
 12.00 NOON Murders That Shocked the Nation
 1.00 PM New York Homicide
 2.00 Britain's Most Evil Killers
 3.00 World's Most Evil Killers
 4.00 Killer in My Village
 5.00 Killer Neighbours
 6.00 World's Most Evil Killers
 7.00 Killer in My Village
 8.00 Britain's Most Evil Killers
 9.00 Catching a Serial Killer: Bruce McArthur
 10.35 Snapped
 11.30 Britain's Most Evil Killers
 12.30 AM World's Most Evil...
 1.30 Murdered at First Sight
 2.30 Murders That Shocked the Nation
 3.30 Brit Cops
 4.30 to 6.00 AM Motorway Patrol
 +1 hour 222 207

CBS Reality

146 148 67 135

9.00 AM Judge Judy
 1.00 PM Judge Judy
 7.00 Medical Detectives A nurse learns that she is HIV positive.
 7.30 New evidence emerges in a cold case.
 8.00 Forensics Focusing on the case of 15-year-old Maree Davis.
 9.00 Murder By the Sea Police investigate the death of Linda Anders.
 10.00 Murder: First on Scene *New edition* A city is left reeling when a much-loved couple are killed by gunfire.
 11.00 Fatal Vows The murder of an aspiring Ohio actor.
 12.00 M'T Teens Who Kill
 1.00 AM Murder By the Sea
 2.00 Murder: First on Scene
 3.00 Forensics
 3.45 Unsolved Mysteries
 5.15 to 6.00 AM Celebrity Damage Control
 +1 hour 246 201 136

Really

142 128 17 160

6.00 AM Celebrity Fantasy Homes Toyah Willcox.
 7.00 Teleshopping
 8.00 Homes Under the Hammer Double bill.
 10.00 Celebrity Antiques Road Trip
 11.00 Antiques Road Trip
 12.00 NOON Money for Nothing A fireplace.
 1.00 PM A Place in the Sun
 2.00 Animal Cops Houston
 4.00 Pit Bulls & Parolees
 5.00 Countryside 999
 6.00 Money for Nothing
 7.00 Celebrity Antiques Road Trip
 8.00 Antiques Road Trip
 9.00 The Hotel Inspector
 10.00 This Cop Life *New edition* Rob tries to trace the source of a new batch of drugs.
 11.00 Ghost Adventures
 1.00 AM Kindred Spirits
 2.00 Teleshopping
 4.00 Animal Cops Houston
 5.00 to 6.00 AM Pit Bulls & Parolees

Blaze

164 216 64 162

6.00 AM Hardcore Pawn
 7.55 American Restoration
 8.25 Ancient Aliens
 10.20 Storage Wars Canada
 11.15 Storage Wars
 12.10 PM Pawn Stars
 2.05 Hardcore Pawn
 4.00 Ancient Aliens
 6.00 UFO Hunters
 7.00 Unidentified: Inside America's UFO Investigation
 8.00 UFOs: Secret Alien Technology
 9.00 *NEW* Mirage Men
 11.00 WW2 Mystery: Foo Fighters
 12.00 M'T Roswell: The First Witness
 1.00 AM UFOs: Secret Alien Technology
 2.00 Unidentified: Inside America's UFO Investigation
 3.00 UFO Hunters
 3.45 Alien Files: Unsealed
 4.10 to 6.00 AM Pawn Stars
 +1 hour 81

TLC

133 133 828 167 323 377

6.00 AM Say Yes... UK
 8.00 Say Yes... Lancashire
 9.00 Curvy Brides Boutique
 10.00 Say Yes to the Dress
 11.00 Extreme Couponing
 12.00 NOON Nate & Jeremiah by Design
 1.00 PM Good Bones
 2.00 Sister Wives
 4.00 Dr Pimple Popper
 5.00 sMothered
 6.00 Love After Lock Up
 7.00 Say Yes... Atlanta
 8.00 Celebrity IOU Actor Allison Janney plans to surprise her assistant.
 9.00 Katie Price: My Crazy Life
 10.00 Heartbreak Island
 11.00 Dr Pimple Popper
 12.00 M'T Celebrity IOU
 1.00 AM Katie Price: My Crazy Life
 2.00 Heartbreak Island
 3.00 Say Yes... UK
 5.00 to 6.00 AM Say Yes to the Dress: Lancashire
 +1 hour 233 172

5SELECT

153 152 56 133

9.00 AM GPs: Behind Closed Doors Documentary.
 10.00 The Yorkshire Vet
 12.00 NOON The Dog Rescuers Double bill.
 2.00 PM GPs: Behind Closed Doors Triple bill.
 5.00 The Yorkshire Vet
 6.00 Watercolour Challenge
 7.00 Inside the Tower of London Documentary.
 8.00 Britain's Great Cathedrals York Minster.
 9.00 Walking Tudor England
 10.00 Viking Murder Mystery: Ancient Mysteries
 11.00 The Mystery of Rome's Sunken City
 12.00 M'T Battle of Britain: Three Days that Saved the Nation
 1.00 AM Battle of Britain: The Longest Day
 2.00 Battle of Britain: Our Finest Hour
 3.00 Mega Tornado: Weather Terror
 3.50 to 4.00 AM Entertainment News

Quest

144 144 834 169 12 114 172

6.00 AM How Do They Do It?
 6.20 Find It, Fix It, Flog It
 7.10 Shed and Buried
 8.00 The Repair Shop
 9.00 Kings of the Wood
 10.00 Chasing Classic Cars
 11.00 Vintage Voltage
 12.00 NOON Wheeler Dealers
 1.00 PM Antiques Road Trip
 2.00 The Repair Shop
 3.00 Find It, Fix It, Flog It
 4.00 Salvage Hunters
 5.00 Salvage Hunters: The Restorers - Quick Fixes
 6.00 Wheeler Dealers
 7.00 Aussie Gold Hunters
 8.00 Salvage Hunters
 9.00 Full Metal Junkies *New edition*
 10.00 The Repair Shop
 11.00 How Do They Do It?
 12.00 M'T Wheeler Dealers
 1.00 AM Disasters at Sea
 2.00 Iron Resurrection
 3.00 Fantomworks
 4.00 Mighty Ships
 5.00 to 6.00 AM How It's...
 +1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM Say Yes... UK
 7.00 Say Yes... Atlanta
 8.00 Say Yes... Dress
 9.00 Animal Cops Houston
 10.00 Animal Cops Philadelphia
 11.00 Forensic Detectives
 1.00 PM Reasonable Doubt
 2.00 Disappeared
 3.00 Til Death Do Us Part
 4.00 Curvy Brides Boutique
 5.00 Say Yes... UK
 7.00 Long Lost Family
 8.00 Dr Pimple Popper
 9.00 Too Large *New edition*
 10.00 *NEW SERIES* Stuck Doctors try to pry out objects that are stuck in patients' bodies.
 11.00 Forensic Detectives
 1.00 AM Murder on CCTV
 2.00 Murder Comes to Town
 3.00 FBI Files
 3.50 Animal Cops Phoenix
 4.40 Saving Britain's Wildlife
 5.30 to 6.00 AM Say Yes to the Dress
 +1 hour 249 71 170

Discovery

125 125 823 250 322 376

- 6.00 AM Wheeler Dealers
- 7.00 Deadliest Catch
- 8.00 Alaska: Homestead Rescue
- 9.00 Alaska: The Last Frontier
- 10.00 Combat Dealers: Reloaded
- 11.00 Wheeler Dealers: Dream Car
- 12.00 NOON Railroad Alaska
- 1.00 PM Gold Rush: White Water
- 3.00 Massive Engineering Mistakes
- 4.00 Building Off the Grid
- 5.00 Wheeler Dealers
- 6.00 Fast N' Loud The team continue to work on a 1969 Plymouth Satellite.



9.00 Gold Rush

7.00 **Outback Truckers** As the COVID-19 lockdown continues, the truckers face police checkpoints and ghost towns.

8.00 **Bad Chad Customs** The team race to transform a rusted-out 1938 Ford into an open-motor, fenderless hotrod.

9.00 **Gold Rush** *New edition* The gold miners of the Yukon put everything on the line in the hope of striking it rich. With new miners, new claims and new machines, the stakes are higher than ever.

11.00 **Combat Dealers: Reloaded** Exploring Army Paratroopers' vital role in defeating the Germans in World War Two.

12.00 M'T **Gold Rush** As 9.00pm.
2.00 AM Moonshiners
3.00 **Gold Rush** As 9.00pm.
4.50 Wheeler Dealers
5.40 to 6.00 AM How It's Made

+1 hour 225 258

Animal Planet

162 251 325 378

- 8.00 AM The Zoo
- 9.00 Bad Dog!
- 10.00 Animal Precinct
- 11.00 How Do Animals Do That?
- 12.00 NOON Restoration Wild
- 1.00 PM Born Mucky: Life on the Farm Documentary.
- 2.00 Pit Bulls & Parolees
- 3.00 America's Cutest Pets
- 4.00 Bad Dog!
- 5.00 Dogs: The Untold Story
- 6.00 Alaska Monsters Searching for a bear-like creature known as the Northern Giant.



9.00 Predators Up Close...

7.00 **How Do Animals Do That?** Double bill of editions. Experts explore the science behind amazing animal facts.

8.00 **The Crocodile Hunter: Best of Steve Irwin** The Australia Zoo teams up with Dr Mark Read to tag huge crocodiles.

9.00 **Predators Up Close with Joel Lambert** Revealing nature's apex predators as they have never been seen before.

10.00 **I Was Prey** In Texas, Jeremy Sutcliffe and his wife are bitten by a deadly rattlesnake.

11.00 **Tanked** Brett Raymer and Wayne King race against the clock to build rapper and actor Ludacris a classy tank.

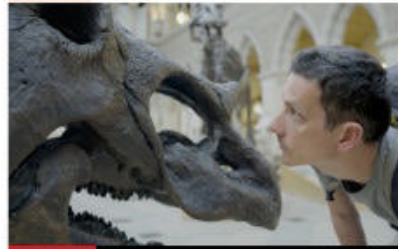
12.00 M'T **In Search of Monsters**
1.00 AM **How Do Animals Do That?**
2.00 **Pit Bulls & Parolees**
3.00 **America's Cutest Pets**
4.00 to 5.00 AM **Bad Dog!**

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

- 8.00 AM Lost Treasures of Egypt
- 9.00 Uncovering Herod's Lost Tomb Documentary.
- 10.00 Bloody Tales from History
- 11.00 Drain the Oceans
- 12.00 NOON Nazi Weird War Two
- 1.00 PM WW2: Hell Under the Sea
- 2.00 Nazi Megastructures
- 3.00 Air Crash Investigation
- 5.00 To Catch a Smuggler: JFK Airport The border agents showcase their talent for spotting smugglers.
- 6.00 Car S.O.S Tim and Fuzz restore a beloved 1938 MG TA.



8.00 The Dinosaur Hunter

7.00 **Car S.O.S** Restoring a 1972 Ford Escort Mexico belonging to a Jersey resident with blood cancer and tuberculosis.

8.00 **The Dinosaur Hunter** *New edition* Federico Fanti heads to Canada to reveal a remarkable paleontological discovery.

9.00 **Hunting Alaskan Dinosaurs** Palaeontologists search for dinosaur remains in the Alaskan wilderness.

10.00 **Sex in the Stone Age** Archaeological finds that suggest a prehistoric species could have once bred with humans.

11.00 **Air Crash Investigation**
12.00 M'T **Alaska: The Next Generation** The Alaskans seek out new hunting grounds.

1.00 AM **Ice Road Rescue**
2.00 **Lawless Island**
3.00 **Drain the Oceans**
4.00 to 5.00 AM **Draining the Thames**

+1 hour 229 267

Sky History

123 123 821 270 353 368

- 6.00 AM The UnXplained with William Shatner
- 7.00 Conspiracy Rising
- 8.00 Pawn Stars
- 9.00 American Pickers
- 12.00 NOON Egypt's Unexplained Files Documentary.
- 1.00 PM Forged in Fire
- 2.00 American Pickers
- 4.00 Secrets in the Ice
- 6.00 Pawn Stars A rare Nepalese Bira gun from the late 1800s.
6.30 A hand-painted, signed guitar from Def Leppard's Phil Collen arrives at the shop.



10.00 The Proof Is Out There

7.00 **Forged in Fire Tournament of Champions** The pressure is on for contenders to make a hot hybrid knife.

8.00 **Ancient Aliens** *New edition* Examining the placement of monoliths and their geological make-up.

9.00 **Secrets of the Lost Ark** A team of expert archaeologists embark on a quest to unearth the Ark of the Covenant.

10.00 **The Proof Is Out There** *New editions* Whether dogs can freeze time.
10.30 A petrified creature found in Russia.

11.00 **Paranormal: Caught on Camera** A bigfoot hunter gets up close with the real thing.

12.00 M'T **The Curse of Oak Island**
1.00 AM **Ancient Aliens**
2.00 **Forged in Fire Tournament...**
3.00 **Paranormal: Caught on...**
4.00 **Egypt's Unexplained Files**
5.00 to 6.00 AM **Pawn Stars**

+1 hour 223 271

Yesterday

155 129 27 159

- 6.00 AM Antiques Roadshow
- 8.00 Nazi Victory: The Post-War Plan Documentary.
- 9.00 World War Weird
- 10.00 Abandoned Engineering
- 12.00 NOON The Architecture The Railways Built
- 1.00 PM Great British Railway Journeys Goes to Ireland
- 2.00 Abandoned Engineering
- 4.00 Nazi Victory: The Post-War Plan Documentary.
- 5.00 World War Weird
- 6.00 Michael Palin's New Europe Visits to Bulgaria and Turkey.



8.00 Secrets of the Transport...

7.00 **Great British Railway Journeys** Making malt the 19th-century way.
7.30 A viewing platform for public hangings.

8.00 **Secrets of the Transport Museum** *New edition* A Mini makeover reduces its owners to tears.

9.00 **Secrets of the London Underground** Exploring the abandoned branch line between Holborn and Aldwych.

10.00 **Bangers and Cash** A collection of Austin Mini Metros arrive for auction, and a Fiat 850 coupe goes under the hammer.

11.00 **Abandoned Engineering** A little-known dark past explains the vast monolithic structures that dominate the island of Guernsey.

12.00 M'T **Great British Railway Journeys** Double bill.
1.00 to 3.00 AM **Antiques Roadshow**

+1 hour 255 200 75

Disc. History

177 257

- 6.00 AM Tony Robinson's World War One
- 7.00 Codes and Conspiracies
- 8.00 HMS Ark Royal
- 9.00 Truth Behind the...
- 10.00 Engineering Mistakes
- 11.00 Codes and Conspiracies
- 12.00 NOON Combat Dealers
- 1.00 PM Expedition Unknown
- 2.00 Greatest Events of WW2
- 3.00 Mystery of Egypt's Mega Temple
- 4.00 Mysteries at the Museum A scandal.
- 5.00 HMS Ark Royal
- 6.00 Truth Behind the Moon Landing
- 7.00 Expedition Unknown
- 8.00 Combat Dealers
- 9.00 The Unexplained Files
- 10.00 NASA's Unexplained...
- 11.00 Aircraft Stories
- 12.00 M'T Combat Dealers
- 2.00 AM NASA's Unexplained Files
- 3.00 Aircraft Stories
- 4.00 to 6.00 AM Highlights

+1 hour 277 261

Eden

166 245 247

- 9.00 AM The Zoo
- 10.00 Yellowstone Journals
- 11.00 Yellowstone
- 12.00 NOON Blue Planet II
- 1.00 PM Africa's Fishing Leopards: Natural World Documentary.
- 2.00 The Zoo
- 3.00 Equator: Line of Life
- 4.00 Wild Colombia with Nigel Marven
- 5.00 Yellowstone
- 6.00 Africa's Fishing...
- 7.00 Yellowstone Journals
- 8.00 The Zoo
- 9.00 Wild Colombia with...
- 10.00 Africa's Fishing...
- 11.00 Yellowstone
- 12.00 M'T The Zoo
- 1.00 AM Yellowstone...
- 2.00 Wild and Wonderful Denmark Documentary.
- 3.50 Wild Edens
- 4.40 Costa Rica: The Rise of Nature
- 5.30 to 6.00 AM Collar of Duty

+1 hour 266 246

WILD

165 165 841 264 265

- 8.00 AM Dog: Impossible
- 9.00 Yukon Vet
- 10.00 Alaska Animal Rescue
- 11.00 Bizarre Animal Friends
- 12.00 NOON Snakes in the...
- 1.00 PM Realm of the Coconut Crab
- 2.00 Galapagos: Enchanted Isle
- 3.00 South America's Weirdest Animals
- 4.00 Jaguar vs Crocs
- 5.00 Monster Fish
- 6.00 Snakes in the City
- 7.00 Animal Fight Club
- 8.00 Secrets of the Zoo: North Carolina *New edition* A porcupine visits the dentist.
- 9.00 The Incredible Dr Pol *New edition*
- 10.00 Dog: Impossible
- 11.00 Animal Fight Club
- 12.00 M'T Swamp Men
- 1.00 AM Animals Gone Wild
- 2.00 Bizarre Animal Friends
- 3.00 Snakes in the City
- 4.00 to 5.00 AM Realm of the Coconut Crab

+1 hour 229 267

Sky History 2

163 163 840 272

- 8.00 AM Museum Men
- 9.00 Brad Meltzer's Lost History
- 10.00 Hitler's War
- 11.00 Combat Machines
- 12.00 NOON Ancient Aliens
- 3.00 PM Brad Meltzer's Lost History
- 4.00 Hunting Nazi Treasure
- 5.00 Combat Ships
- 6.00 Deep Sea Detectives
- 7.00 Brad Meltzer's Lost History The team hunt for lost footage of the Apollo 11 moon landing.
- 8.00 Battle Stations The SR-71 Blackbird stealth aircraft.
- 9.00 Paranormal: Caught on Camera Double bill.
- 11.00 Ancient Aliens
- 1.00 AM Deep Sea Detectives
- 2.00 Paranormal: Caught on Camera Double bill.
- 4.00 Battle Stations
- 5.00 to 6.00 AM Brad Meltzer's Lost History

+1 hour 223 271

PBS America

174 273 84 155

- 8.00 AM Beautiful Serengeti
- 8.30 Egyptian Tomb Hunting
- 9.30 Submarines
- 10.40 Shooting the War
- 11.55 Clinton
- 1.00 PM Beautiful Serengeti
- 1.35 Mutant Weather
- 2.35 Egyptian Tomb Hunting
- 3.40 Submarines
- 4.55 Shooting the War
- 6.20 Mutant Weather
- 7.25 Egyptian Tomb Hunting 2/2. Tony Robinson goes on a journey across Egypt.
- 8.30 Submarines *Series finale* 2/2. Examining submarines' dangerous reputation.
- 9.40 Shooting the War
- 11.00 Mutant Weather
- 12.00 M'T Egyptian Tomb Hunting As 7.25pm.
- 1.05 AM Submarines
- 2.10 Shooting the War
- 3.10 to 4.00 AM Little Big Brother

+1 hour 87

CI

156 156 837 209

- 6.00 AM Homicide Hunter
- 8.00 The First 48
- 10.00 On the Case with Paula Zahn
- 11.00 Killer in Plain Sight
- 12.00 NOON Homicide Hunter
- 1.00 PM Meet, Marry, Murder
- 2.00 Homicide: Hours to Kill
- 3.00 Unusual Suspects
- 4.00 Crimes That Shook Britain Peter Tobin.
- 5.00 Nightmare in Suburbia
- 6.00 The First 48
- 7.00 Homicide: Hours to Kill
- 8.00 Criminal Confessions *New edition*
- 9.00 Mastermind of Murder
- 10.00 The Real Murders of Orange County
- 11.00 Court Cam
- 12.00 M'T Snapped
- 1.00 AM Mastermind of...
- 2.00 The Real Murders of...
- 3.00 Unusual Suspects
- 4.00 On the Case with...
- 5.00 to 6.00 AM Criminal Confessions

+1 hour 256 222

TUESDAY **Films**

Tuesday

8 PM

9 PM

10 PM

11 PM

primetime

Sky Cinema **Premiere**

- 301 301 848 401 501 515
- 6.50 AM **Pil's Adventures** (2021)
 - 8.35 **Our Ladies** As 6.00pm.
 - 10.35 **Blacklight** As 8.00pm.
 - 12.20 PM **The Ooglies** As 1.25am.
 - 2.05 **The World to Come** Romantic drama starring Katherine Waterston. (2020, 15, 105min) ★★★★★
 - 4.05 **People Just Do Nothing: Big in Japan** As 9.45pm.
 - 6.00 **Our Ladies** Comedy drama starring Abigail Lawrie. (2019, 15, 106min) ★★★★★



6.00 **Our Ladies**

Sky Cinema **Hits**

- 303 303 857 403 503 517
- 6.25 AM **The Pursuit of Happyness**
 - 8.25 **Where'd You Go, Bernadette** As 4.35pm.
 - 10.25 **Warrior** As 6.35pm.
 - 12.50 PM **Kindred** As 11.00pm.
 - 2.35 **The Pursuit of Happyness** Rags-to-riches drama. (2006, 12, 117min) ★★★
 - 4.35 **Where'd You Go, Bernadette** Comedy drama. (2019, 12, 109min) ★★★
 - 6.35 **Warrior** Action drama. (2011, 12, 139min) ★★★★★



9.00 **Focus**

Sky Cinema **Family**

- 306 306 850 406 506 520
- 6.45 AM **Pups Alone** (2021, PG) ★
 - 8.40 **Muppets from Space** Sci-fi comedy. (1999, U) ★★★
 - 10.10 **The Muppets Take Manhattan** Comedy. (1984, U) ★★★★★
 - 11.50 **Penelope** (2006, U) ★★★
 - 1.25 PM **Monte Carlo** (2011) ★★★
 - 3.25 **Furry Vengeance** (2010) ★★
 - 5.00 **Mirror Mirror** Fantasy comedy. (2012, PG, 101min) ★★★
 - 6.50 **Arthur and the Great Adventure** Fantasy sequel. (2010, PG, 107min) ★★★



6.50 **Arthur and the Great...**

Sky Cinema **Action**

- 307 307 851 407 507 521
- 6.05 AM **Wonder Woman 1984** Superhero action sequel. (2020, 12, 151min) ★★★★★
 - 8.35 **Centurion** (2009, 15) ★★★★★
 - 10.15 **300** (2006, 15) ★★★★★
 - 12.15 PM **300: Rise of an Empire** Fantasy. (2014, 15) ★★★★★
 - 2.00 **Nobody** Crime drama. (2021, 15, 92min) ★★★★★
 - 3.35 **The Three Musketeers** Adventure. (2011, 12) ★★★
 - 5.30 **Godzilla** Thriller remake. (1998, PG, 139min) ★★★★★



5.30 **Godzilla**

Sky Cinema **Comedy**

- 308 308 852 408 508 522
- 6.45 AM **The Comeback Trail**
 - 8.40 **As Good As It Gets** As 8pm.
 - 11.00 **Anger Management** (2003)
 - 12.50 PM **Military Wives** (2019)
 - 2.50 **Alan Partridge: Alpha Papa** Comedy with Steve Coogan. (2013, 15, 86min) ★★★★★
 - 4.25 **The Hangover Part II** Comedy sequel starring Bradley Cooper. (2011, 15, 101min) ★★
 - 6.10 **Anger Management** Comedy starring Adam Sandler. (2003, 15, 105min) ★★★★★



8.00 **As Good As It Gets**

- 8.00 **Blacklight** Action thriller starring Liam Neeson. A government operative with a shadowy past finds himself in the crosshairs of the FBI director he once helped protect. (2022, 15, 104min) ★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.45 **People Just Do Nothing: Big in Japan** Comedy starring Allan Mustafa. The boys from Krupt FM head to Japan in search of fame and fortune. (2021, 15, 97min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.40 **Don't Breathe 2** Horror thriller sequel starring Stephen Lang and Madelyn Grace. (2021, 15, 98min) ★★★
- 1.25 AM **The Ooglies** Animation. (2021, PG, 85min) ★★★
- 3.10 **Pil's Adventures** Animation. (2021, U, 89min) ★★
- 4.50 **Sky Cinema Preview**
- 5.35 **to 7.30 AM The World to Come** As shown at 2.05pm.

+1 hour 312

- Warrior** (film started at 6.35pm) SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.00 **Focus** Comedy crime drama starring Will Smith and Margot Robbie. A veteran con man's latest heist looks set to be scuppered by a femme fatale from his past. (2015, 15, 105min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.00 **Kindred** Horror starring Tamara Lawrance, Jack Lowden and Fiona Shaw. (2021, 15, 101min) ★★★
- 12.45 AM **An American Pickle** Comedy starring Seth Rogen. (2020, 12, 88min) ★★★
- 2.30 **The King of Staten Island** Comedy drama starring Pete Davidson and Marisa Tomei. (2020, 15, 136min) ★★★★★
- 5.00 **to 6.00 AM Sky Cinema Preview**

- 8.35 **Shrek the Musical** Recording of the stage musical about a grumpy ogre and his talking donkey sidekick who must rescue a princess from a dragon. Stars Brian d'Arcy James and Sutton Foster.
- 10.50 **The Witches** Fantasy remake starring Anne Hathaway, Stanley Tucci and Octavia Spencer. (2020, PG, 106min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.35 AM **Proximity** Sci-fi drama starring Ryan Masson. (2020, PG, 119min) ★★
- 2.45 **Max Winslow and the House of Secrets** Sci-fi thriller. (2019, 12, 98min) ★
- 4.35 **to 6.10 AM C.I.Ape** Family comedy. (2021, PG, 82min) ★

- 8.00 **The Man from U.N.C.L.E.** Spy adventure based on the 1960s TV series, starring Henry Cavill and Armie Hammer. American and Russian agents must work together to defeat a criminal organisation. (2015, 12, 112min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.00 **Monster Hunter** Fantasy adventure starring Milla Jovovich and Tony Jaa. (2020, 12, 103min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.50 **The Punisher** Action thriller starring Tom Jane and John Travolta. A grieving ex-cop launches a series of revenge attacks on a psychopathic crook. (2004, 18, 123min) ★
- 2.00 **AM The Three Musketeers** As shown at 3.35pm.
- 4.00 **to 6.00 AM Gunpowder Milkshake** Action thriller starring Karen Gillan, Lena Headey and Carla Gugino. (2021, 15, 114min) ★★★★★

- 8.00 **As Good As It Gets** Comedy starring Jack Nicholson, Helen Hunt and Greg Kinnear. A misanthropic and neurotic novelist gradually rediscovers his humanity through his encounters with a painter and a single mother. (1997, 15, 138min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.20 **Military Wives** Comedy drama starring Kristin Scott Thomas and Sharon Horgan. (2019, 12, 112min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.15 AM **The Hangover Part II**
- 2.00 **The Comeback Trail** Crime comedy with Robert De Niro. (2020, 12, 104min) ★★★★★
- 3.50 **Senior Moment** Comedy drama with William Shatner. (2021, 12, 92min) ★★
- 5.30 **to 7.10 AM Safe Spaces** Comedy drama starring Justin Long. (2019, 15, 93min) ★★

Sky Cinema **Greats**

- 304 304 849 404 504 518
- 6.00 AM **My Girl 2** As 4.05am.
 - 7.45 **Gremlins 2: The New Batch**
 - 9.35 **Under Siege** Action thriller. (1992, 15, 98min) ★★★★★
 - 11.25 **The Matrix** As 8.00pm.
 - 1.45 PM **Fury** World War Two drama. (2014, 15, 131min) ★★★★★
 - 4.05 **Gremlins 2: The New Batch** Horror comedy sequel starring Zach Galligan and Phoebe Cates. (1990, 12, 107min) ★★★★★
 - 5.55 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure starring Harrison Ford, Cate Blanchett and Shia LaBeouf. (2008, 12, 122min) ★★★★★
 - 8.00 **The Matrix** Sci-fi action thriller with Keanu Reeves, Carrie-Anne Moss and Laurence Fishburne. (1999, 15, 136min) ★★★★★
 - 10.20 **48 Hrs** Action comedy thriller starring Nick Nolte, Eddie Murphy and Annette O'Toole. (1982, 15, 97min) ★★★★★
 - 12.10 AM **Ben-Hur** Spectacular multi-Oscar-winning epic starring Charlton Heston. (1959, PG, 212min) ★★★★★
 - 4.05 **to 6.00 AM My Girl 2** Family drama sequel starring Anna Chlumsky and Dan Aykroyd. (1994, PG, 99min) ★★

Sky Cinema **Animation**

- 305 305 412 500 514
- 6.05 AM **Vic the Viking** As 10.00pm.
 - 7.30 **Dragon Rider** As 8.15pm.
 - 9.05 **Duck Duck Goose** Animation. (2018, 15, 91min) ★★★★★
 - 10.40 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★★
 - 12.10 PM **Early Man** Animation. (2018, PG, 87min) ★★★★★
 - 1.55 **Khumba** Animated adventure featuring the voice of Jake T Austin. (2013, U, 85min) ★★
 - 3.25 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★★
 - 5.00 **The Lego Movie** Animation with the voice of Chris Pratt. (2014, U, 100min) ★★★★★
 - 6.45 **Spirit: Stallion of the Cimarron** Animated adventure featuring the voice of Matt Damon. (2002, U, 84min) ★★
 - 8.15 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
 - 10.00 **Vic the Viking** Animation. (2019, U, 77min) ★★
 - 11.30 **The Fairy Princess & the Unicorn** Animated adventure. (2019, U, 85min) ★★
 - 1.00 **AM The Elfkins** Animation. (2019, PG, 78min) ★★★★★
 - 2.25 **Strike** (2018, PG) ★★★★★
 - 4.15 **to 6.00 AM Spark** Animation. (2016, PG, 91min) ★★

TCM Movies

- 315 415 416
- 6.00 AM **Mutiny on the Bounty** Adventure. (1962, 12) ★★★★★
 - 9.35 **Stage to Tucson** (1950, U) ★★
 - 11.20 **Calamity Jane** Musical. (1953, U, 100min) ★★★★★
 - 1.30 PM **Quantz** Western. (1958, PG, 80min) ★★★★★
 - 3.15 **The Desperado** Western. (1954, b/w, U, 80min) ★★
 - 5.00 **When the Redskins Rode** Western. (1951, U, 78min) ★★
 - 6.45 **Dial M for Murder** Hitchcock suspense thriller starring Ray Milland and Grace Kelly. (1954, PG, 101min) ★★★★★
 - 9.00 **Pale Rider** Western starring Clint Eastwood. A mysterious lone horseman protects a mining settlement against ruthless land-grabbers. (1985, 15, 115min) ★★★★★
 - 11.20 **A Nightmare on Elm Street** Wes Craven's horror thriller starring Robert Englund. (1984, 18, 91min) ★★★★★
 - 1.10 AM **The Moonlighter** Western. (1953, b/w, PG, 75min) ★★
 - 2.45 **Off Set** With Jamie Cullum.
 - 3.00 **Close Up** Four editions.
 - 5.00 **to 6.00 AM Hollywood's Best Film Directors**

+1 hour 316 417

Talking Pictures

- 328 445 82 306
- 6.00 AM **Rhythm Racketeer** Crime drama. (1937, b/w, PG) ★★
 - 7.30 **And the Same to You** Comedy. (1960, PG, 70min) ★★
 - 9.00 **Stagecoach West** 11/38. (S1)
 - 10.00 **Forbidden Cargo** (1954) ★★★★★
 - 11.45 **Celebrating 100 Years of Film from 1889 to 1989**
 - 11.55 **Sabotage** (1936, b/w, PG) ★★★★★
 - 1.30 PM **Twice Two** (1933, U) ★★★★★
 - 1.55 **Penny Serenade** Comedy drama. (1941, b/w, U, 120min) ★★★★★
 - 4.15 **This England** Historical drama. (1941, b/w, U, 83min) ★★
 - 6.00 **Dial 999** (S1)
 - 6.30 **Sons of the Desert** Comedy. (1933, b/w, U, 69min) ★★★★★
 - 7.50 **Look at Life** Documentary.
 - 8.00 **Maigret** 5/13. (S1)
 - 9.05 **Van der Valk** 5/6. (S1)
 - 10.05 **Public Eye** 4/7. (S4)
 - 11.05 **The Outer Limits** (S1)
 - 12.00 **M'T Cellar Club with Caroline...**
 - 12.05 AM **Four Sided Triangle** Sci-fi romance. (1954, b/w, PG) ★★
 - 1.40 **Cellar Club with Caroline Munro**
 - 1.45 **Indestructible Man** Sci-fi thriller. (1956, b/w, PG, 70min) ★
 - 3.10 **Cellar Club with Caroline Munro**
 - 3.15 **The Devil's Men** Horror thriller. (1976, 15, 90min) ★★
 - 5.00 **to 6.00 AM The Man Outside** Drama. (1933, b/w, PG) ★★

Horror

- 317 149 69 138
- 8.00 AM **First Wave** 17/22. (S1)
 - 9.00 **Battlestar Galactica** (S1)
 - 10.00 **The Prisoner** 12/17. (S1)
 - 11.00 **Empire of the Sharks** Sci-fi thriller. (2017, 15, 86min) ★
 - 1.00 PM **Crystal Skulls** Fantasy. (2014, PG, 88min) ★★
 - 3.00 **Andromeda** 22/22. (S5)
 - 4.00 **Descent** Sci-fi disaster movie. (2005, PG, 90min) ★★
 - 6.00 **The Prisoner** 10/17. (S1)
 - 7.00 **Battlestar Galactica** The Man with Nine Lives: 17/24. Guest stars Fred Astaire. (S1)
 - 8.00 **Star Trek** Is There in Truth No Beauty? 5/24. A Medusan ambassador arrives. (S3)
 - 9.00 **Jeepers Creepers** Horror starring Gina Philips and Justin Long. A brother and sister driving across country find themselves pursued by a demonic creature. With Patricia Belcher and Jonathan Breck. (2001, 15, 91min) ★★★★★
 - 10.50 **Lake Placid 3** Horror sci-fi sequel. (2010, 18, 93min) ★★
 - 12.40 AM **Ghosts of Mars** Sci-fi thriller. (2001, 15, 97min) ★★★★★
 - 2.35 **to 4.30 AM All Cheerleaders Die** Comedy. (2013, 15) ★★★★★

+1 hour 318 202 139

Sky Cinema Thriller

- 309 309 853 409 509 523
- 6.25 AM **Heat** Crime thriller. (1995, 15, 171min) ★★★★★
 - 9.25 **Everest** Fact-based adventure. (2015, 12, 121min) ★★★★★
 - 11.40 **The Burnt Orange Heresy**
 - 1.30 PM **Angels & Demons** Mystery starring Tom Hanks. (2009, 12, 138min) ★★
 - 4.00 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★
 - 6.15 **Those Who Wish Me Dead** Crime drama starring Angelina Jolie. (2021, 15, 100min) ★★



10.00 Rise of the Footsoldier

- 8.00 **Patriot Games** Action thriller starring Harrison Ford. A retired CIA agent becomes the target of a vengeful IRA man after foiling an assassination attempt on a British politician. With Anne Archer and Sean Bean. (1992, 15, 116min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 **Rise of the Footsoldier** Gangster drama starring Ricci Harnett. An Essex boy rises through the ranks of crime, but his involvement with gangland leaders eventually leads to violence and murder. (2007, 18, 119min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00 M'T **Crank** Action thriller. (2006, 18, 88min) ★★★★★
- 1.30 AM **Manhunter** Thriller. (1986, 18, 118min) ★★★★★
- 3.35 **The Burnt Orange Heresy** Thriller. (2019, 15) ★★
- 5.15 to 6.40 AM **Blindfire** Crime drama. (2020, 15, 83min) ★

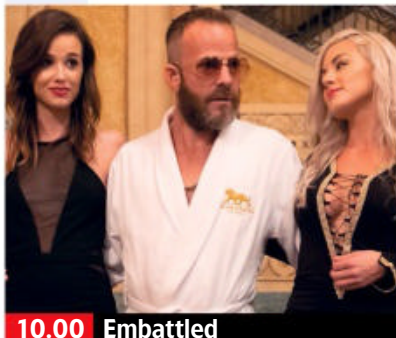
GREAT! movies classic

- 319 424 52 303
- 6.00 AM **What a Carve Up!** (1961)
 - 7.45 **Sinbad the Sailor** Adventure. (1947, U, 117min) ★★
 - 10.00 **Midnight in Saint Petersburg** Thriller. (1995, 15, 85min) ★★
 - 11.45 **The Traitors** Espionage drama. (1962, b/w, PG, 70min) ★★
 - 1.15 PM **Hotel Reserve** Thriller. (1944, b/w, U, 89min) ★★
 - 3.05 **Our Man in Havana** Spy drama. (1959, b/w, PG) ★★★★★
 - 5.15 **Port Afrique** Mystery with Philip Carey. (1956, PG, 91min) ★★
 - 7.10 **Footsteps in the Fog** Period thriller starring Stewart Granger. (1955, PG, 90min) ★★
 - 9.00 **Torn Curtain** Hitchcock thriller starring Paul Newman and Julie Andrews. A US scientist goes over to the East, but his fiancée doesn't believe his defection is real. (1966, 15, 128min) ★★
 - 11.45 **The Thing... from Another World** Classic sci-fi thriller. (1951, b/w, 12, 87min) ★★
 - 1.25 AM **Sartana's Here: Trade Your Pistol for a Coffin** Western. (1970, 15, 93min) ★★
 - 3.15 **What a Carve Up!** (1961, U) ★★
 - 4.40 to 6.00 AM **Strongroom** Crime thriller. (1961, b/w, PG) ★★

+1 hour 320 303 63 304

Sky Cinema Drama

- 310 310 854 410 510 524
- 6.00 AM **Summer of '72** As 1.40am.
 - 7.55 **Land** As shown at 3.25am.
 - 9.40 **State Like Sleep** As 4.55am.
 - 11.40 **The Perks of Being a Wallflower** Teen drama. (2012, 12, 98min) ★★★★★
 - 1.35 PM **In the Heights** Musical. (2021, PG, 143min) ★★
 - 4.10 **Valentine's Day** Romantic comedy with Ashton Kutcher. (2010, 12, 125min) ★★
 - 6.20 **Before I Go to Sleep** Thriller. (2014, 15, 90min) ★★



10.00 Embattled

- 8.00 **The Founder** Drama starring Michael Keaton, Nick Offerman and John Carroll Lynch. A salesman attempts to turn two brothers' innovative fast food eatery into the biggest restaurant business in the world. (2016, 12, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 **Embattled** Sports drama starring Stephen Dorff. A man aspires to follow in his famous MMA father's footsteps, but must figure out how to break an abusive cycle. (2020, 15, 117min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00 M'T **Babylon** British drama. (1980, 15, 94min) ★★
- 1.40 AM **Summer of '72** Drama. (2019, 15, 101min) ★★
- 3.25 **Land** Robin Wright's drama. (2021, 12, 89min) ★★★★★
- 4.55 to 6.40 AM **State Like Sleep** Mystery starring Katherine Waterston. (2018, 15) ★★

GREAT! movies

- 321 425 34 302
- 9.00 AM **Garage Sale Mystery: All That Glitters** Crime drama. (2014, PG, 87min) ★
 - 11.00 **Deadly Exchange** Thriller. (2017, 12, 90min) ★★
 - 1.00 PM **Presumed Guilty** Mystery drama. (2016, 15, 102min) ★★
 - 2.50 **The Wrong Babysitter** Thriller. (2017, 12, 90min) ★★
 - 4.40 **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★★
 - 6.40 **Stealth** Action thriller starring Josh Lucas, Jessica Biel and Jamie Foxx. Three US Navy pilots find their lives at risk after a newly developed stealth fighter piloted by a computer joins their team. With Sam Shepard. (2005, 12, 121min) ★★
 - 9.00 **Eye for an Eye** Mystery thriller starring John Travolta and Morgan Freeman. A former football star-turned-private eye is hired to find a missing aunt in Texas. (2019, 15, 98min) ★
 - 11.00 **I Am Wrath** Crime thriller. (2016, 15, 90min) ★★
 - 12.50 AM **The Butterfly Effect** Thriller. (2003, 15, 113min) ★★
 - 3.20 to 6.00 AM **All the King's Men** Drama. (2005, 12, 128min) ★★

+1 hour 322 61

Sky Cinema Sci-Fi/Horror

- 311 311 858 411 511 525
- 6.05 AM **Outlander** Adventure. (2008, 15, 115min) ★★
 - 8.05 **Candyman** As 7.15pm.
 - 9.50 **The Craft: Legacy** (2020)
 - 11.30 **Gravity** As shown at 9.00pm.
 - 1.10 PM **In The Earth** Horror. (2021, 15, 107min) ★★
 - 3.05 **The Host** Romantic thriller. (2013, 12, 127min) ★★
 - 5.15 **Elysium** Sci-fi action thriller. (2013, 15, 107min) ★★★★★
 - 7.15 **Candyman** Horror chiller. (1992, 18, 97min) ★★★★★



7.15 Candyman

- Candyman** (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **Gravity** Space thriller starring Sandra Bullock. A novice astronaut becomes stranded in space during her first NASA mission. (2013, 12, 91min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.35 **The Devil's Rejects** Horror thriller sequel to House of 1000 Corpses, starring Bill Moseley. (2005, 18, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.30 AM **Willy's Wonderland** Horror comedy starring Nicolas Cage. (2021, 15, 88min) ★★★★★
- 2.05 **The Craft: Legacy** Horror. (2020, 15, 97min) ★★★★★
- 3.45 **Portal** Fantasy thriller. (2021, 15, 84min) ★★
- 5.15 to 6.00 AM **Sky Cinema Preview**

GREAT! movies action

- 323 426 42 305
- 6.00 AM **Domino Kid** (1957, U) ★★
 - 7.30 **Tunes of Glory** Drama. (1960, PG, 107min) ★★★★★
 - 9.40 **Robin and Marian** Drama. (1976, PG, 106min) ★★★★★
 - 11.50 **The Quick & the Dead** Western. (1987, PG) ★★
 - 1.45 PM **Last of the Comanches** Western. (1953, PG, 84min) ★★
 - 3.30 **Paratroop Command** Adventure. (1959, b/w, PG, 71min) ★★
 - 5.00 **One Minute to Zero** War drama starring Robert Mitchum. (1952, b/w, PG, 106min) ★★
 - 7.10 **Scorpio One** Sci-fi thriller starring Robert Carradine, Jeff Speakman and Robin Curtis. (1998, 12, 92min) ★★
 - 9.00 **The Hunter's Prayer** Thriller starring Sam Worthington. A drug-addled assassin goes rogue, opting to protect rather than take out his latest target. With Odeya Rush and Allen Leech. (2017, 15, 91min) ★★
 - 10.55 **Nowhere to Run** Romantic thriller. (1993, 15, 95min) ★★
 - 12.45 AM **Alpha Dog** Crime drama. (2006, 15, 117min) ★★
 - 3.00 to 4.00 AM **The Blitz on Hamburg**

+1 hour 324

Sky Cinema Oscars

- 302 302 856 402 502 516
- 6.00 AM **Lawrence of Arabia**
 - 9.45 **Norbit** Comedy starring Eddie Murphy. (2007, 12, 101min) ★★
 - 11.35 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★
 - 1.20 PM **The Social Network** Oscar-winning drama. (2010, 12, 120min) ★★★★★
 - 3.20 **Tenet** Fantasy action thriller. (2020, 12, 150min) ★★★★★
 - 5.50 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★★



10.10 No Country for Old Men

- 8.00 **Batman** Tim Burton's comic-book adventure starring Michael Keaton and Jack Nicholson. Gotham City's mysterious black-cloaked vigilante tackles a psychotic villain known as The Joker. With Kim Basinger. (1989, 15, 121min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10 **No Country for Old Men** The Coen Brothers' dark crime thriller starring Tommy Lee Jones, Javier Bardem and Josh Brolin. (2007, 15, 117min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.15 AM **The Young Victoria** Historical romantic drama with Emily Blunt and Rupert Friend. (2008, PG, 100min) ★★★★★
- 2.15 to 6.00 AM **Lawrence of Arabia** David Lean's epic biopic of the life of British soldier and adventurer TE Lawrence. Stars Peter O'Toole. (1962, PG, 221min) ★★★★★

Movies 24

- 325 419
- 7.00 AM **A Brush with Love** As 7pm.
 - 9.00 **Scents and Sensibility** As 9pm.
 - 11.00 **Art of Falling in Love** As 11pm.
 - 1.00 PM **From the Heart** As 1am.
 - 3.00 **The Sauce of Love** Romantic drama starring Rachel Bles. (2020, PG, 85min) ★★
 - 5.00 **A Whirlwind Wedding** Romantic comedy starring Morgan Kohan and Drew Nelson. (2020, PG, 90min) ★★
 - 7.00 **A Brush with Love** Romantic drama starring Arielle Kebbel, Nick Bateman and Matthew James Dowden. An aspiring artist has to choose between two very different men. (2019, PG, 84min) ★★
 - 9.00 **Scents and Sensibility** Romantic drama starring Ashley Williams, Marla Sokoloff and Brad Johnson. Two sisters are forced to fend for themselves after their wealthy father is sent to prison. (2011, PG, 89min) ★★
 - 11.00 **Art of Falling in Love** Romantic drama starring Kimberly-Sue Murray. (2019, PG, 90min) ★★
 - 1.00 AM **From the Heart** Romantic drama. (2020, PG, 90min) ★★
 - 3.00 to 5.00 AM **The Sauce of Love**

+1 hour 326 420

Film4

- 313 313 855 428 429 14 300
- **Films start at 11.00am**
 - 11.00 AM **In Harm's Way** Epic war drama starring John Wayne. (1965, b/w, PG, 160min) ★★
 - 2.20 PM **Run Silent, Run Deep** Drama starring Burt Lancaster. (1958, b/w, U, 90min) ★★
 - 4.10 **Ten Tall Men** Adventure starring Burt Lancaster. (1951, U, 97min) ★★
 - 6.10 **The Martian** Sci-fi drama starring Matt Damon. (2015, 12, 141min) ★★★★★



9.00 Man on Fire

- The Martian** (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **Man on Fire** Violent action thriller starring Denzel Washington and Dakota Fanning. An ex-secret agent becomes a 10-year-old girl's bodyguard and will stop at nothing to find her when she is kidnapped. (2004, 18, 146min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.50 **Buried** Thriller starring Ryan Reynolds. A truck driver wakes up to discover that he's been buried alive inside a coffin. With the voices of Robert Paterson and Stephen Tobolowsky. (2010, 15, 94min) ★★★★★
- 1.40 to 4.00 AM **Thelma** Supernatural thriller starring Eili Harboe and Kaya Wilkins. (2017, 15, 116min) ★★★★★

+1 hour 314 430 47 301

FILMS ON OTHER CHANNELS

- 6pm TILL LATE
- 9.00 PM **Along Came Polly** Comedy Central Romantic comedy starring Ben Stiller and Jennifer Aniston. An overly-cautious risk assessor, reeling from being jilted on his honeymoon, begins dating a free-spirited woman. ★★
 - 10.00 **Limitless** Sky Showcase Action thriller starring Bradley Cooper. A struggling writer boosts his brain power after taking a new pill, but the drug has nasty side effects and murderous thugs are after it too. ★★★★★
 - 10.00 **Moon Crash** Syfy Sci-fi thriller starring Jeremy London. ★★
 - 11.15 **A Monster Calls** BBC2 Fantasy drama starring Lewis MacDougall and featuring the voice of Liam Neeson. A boy trying to cope with his mother's terminal illness is visited by a tree monster. ★★★★★
 - 11.50 **Tomorrowland: A World Beyond** BBC1 Fantasy adventure starring George Clooney. A gifted teenage inventor discovers a mysterious futuristic world, and attempts to uncover its secrets. ★★

Sky Sports Main Event

401 401 859 511 501 420 440

- 6.00 AM Sky Sports News
- 7.00 Good Morning Sports Fans
- 7.30 Early Kick-Off
- 8.00 Good Morning Sports Fans
Including news and views on today's early stories and a look at the back pages.
- 10.00 The Football Show
A look at the major stories making the football headlines.
- 11.00 **LIVE One-Day International Cricket Pakistan v Australia.**
The first ODI in the three-match series, which takes place at Rawalpindi Cricket Stadium.
- 2.30 PM Sky Sports News
- 3.00 **LIVE Indian Premier League Sunrisers Hyderabad v Rajasthan Royals.** Coverage of the T20 match at MCA International Stadium, Pune.
- 7.00 **LIVE International Football England v Ivory Coast.**
The friendly match at Wembley Stadium. Kick-off 7.45pm. See feature, page 28.
- 10.30 PM to 6.30 AM **LIVE ICC Women's World Cup** The opening semi-final at Basin Reserve in New Zealand.

Sky Sports Premier League

402 402 860 512 502 421 441

- 6.00 AM PL Greatest Games
- 7.00 PL Legends: Peter Schmeichel
- 7.30 PL Legends: Alan Shearer
- 8.00 Best PL Goals Double bill.
- 9.00 Premier League 100 Club
- 10.00 The Football Show
- 12.00 NOON Gary Neville's Soccerbox With Robbie Keane.
- 12.30 PM Premier League Years
- 2.30 PL Greatest Games
- 2.45 One2Eleven
- 2.55 **LIVE UEFA Nations League Kazakhstan v Moldova.** The relegation play-off second-leg match. Kick-off 3.00pm.
- 5.00 Premier League 100 Club
- 6.00 PL Legends Double bill.
- 7.00 **LIVE International Football England v Ivory Coast.** The friendly match at Wembley Stadium. Kick-off 7.45pm. See feature, page 28.
- 10.30 Premier League 100 Club
- 11.00 WSL Double bill.
- 12.00 M'T Premier League Icons
- 12.30 AM Premier League Icons
- 1.00 Premier League Years
- 3.00 PL Greatest Games
- 4.00 Best PL Goals Double bill.
- 5.30 to 6.00 AM Premier League 100 Club

Sky Sports Football

403 403 861 513 503 422 442

- 6.00 AM Highlights
- 9.00 Soccer AM: The Best Bits
- 9.30 SPFL: Edinburgh Derby
- 10.00 Old Firm Derby Best Goals
- 10.30 SPFL Greatest Games
- 11.00 C'ship Season Review 15/16
- 12.00 NOON Play Off Finals 15/16
- 2.00 PM Greatest Games
- 2.45 International U21 Football
- 3.15 World Cup Qualifier Highlights
- 3.45 World Cup Qualifiers Review
- 4.45 One2Eleven
- 4.55 **LIVE UEFA Nations League Cyprus v Estonia.** Coverage of the relegation play-off second-leg match. Kick-off is at 5.00pm.
- 7.00 Andy Robertson: 50 Caps and Counting
- 7.30 One2Eleven
- 7.40 **LIVE World Cup Qualifier Poland v Sweden or Czech Republic.** Coverage of the Path B play-off final. Kick-off 7.45pm.
- 9.45 Andy Robertson: 50 Caps and Counting
- 10.15 International Football
- 10.45 EFL Greatest Games
- 11.00 Best Goals: EFL Cup 2021-22
- 11.30 International Football
- 12.00 M'T EFL Play Off Finals 14/15
- 3.00 to 6.00 AM Highlights

Sky Sports World Cup

404 404 862 514 504 423 443

- 6.00 AM ICC Women's World Cup
- 8.00 IPL Highlights of Gujarat Titans v Lucknow Super Giants.
- 8.55 ICC Women's World Cup Action from England v Bangladesh.
- 10.55 **LIVE One-Day International Cricket Pakistan v Australia.** The first ODI in the three-match series, which takes place at Rawalpindi Cricket Stadium.
- 2.30 PM 25 Years of Women's Cricket on Sky
- 2.50 **LIVE Indian Premier League Sunrisers Hyderabad v Rajasthan Royals.** Coverage of the T20 match from the MCA International Stadium, Pune.
- 7.00 ICC Women's World Cup Action from England v Bangladesh.
- 8.00 My Icon Ebony Rainford-Brent.
- 8.15 Women's World T20 Classics England v India in the 2017 final.
- 8.30 IPL Highlights of Sunrisers Hyderabad v Rajasthan Royals.
- 9.30 One-Day International Cricket Highlights of Pakistan v Australia.
- 10.30 PM to 6.30 AM **LIVE ICC Women's World Cup** Coverage of the opening semi-final at Basin Reserve in Wellington, New Zealand.

Sky Sports Golf

405 405 863 515 505 424 444

- 6.00 AM Best of the Open Zone 2016 From Royal Troon.
- 7.00 British Masters Masterclass
- 8.00 Golf Academy
- 9.00 School of Golf
- 10.00 World Golf Championships The fifth day's play in the WGC-Dell Technologies Match Play in Texas.
- 12.00 NOON LPGA Tour Golf Action from day four of the JTBC Classic.
- 3.00 PM Best of the Open Zone 2016 From Royal Troon.
- 4.00 Golf Academy
- 5.00 School of Golf
- 6.00 World Golf Championships A review of the WGC-Dell Technologies Match Play.
- 7.00 Perfection In Paris
- 9.00 World Golf Championships A review of the WGC-Dell Technologies Match Play.
- 10.00 Best of the Open Zone 2016
- 11.00 British Masters Masterclass
- 12.00 M'T Golf Academy
- 1.00 AM Best of the Open Zone 2016 From Royal Troon.
- 2.00 British Masters Masterclass
- 3.00 Golf Academy
- 4.00 School of Golf
- 5.00 to 6.00 AM Best of the Open Zone 2016

BT Sport 1

413 413 870 527 408 430

- 6.00 AM The Football Archives: 1982/83 A nostalgic look back.
- 6.30 The Football Archives: 1985/86 Classic action.
- 7.00 WWE NXT UK
- 8.00 Premier League World
- 8.30 Champions League Magazine
- 9.00 UEFA Champions League - Stories of the Finals
- 9.30 ESPN FC Football news.
- 10.00 National Futsal Series
- 12.00 NOON National Futsal Series
- 2.00 PM Test Cricket Highlights
- 3.00 One Day International Cricket
- 4.00 Gearing Up Motor sports.
- 4.30 ESPN FC Football news.
- 5.00 PSA Squash Highlights
- 6.00 A-League Highlights
- 7.00 One Day International Cricket New Zealand v Netherlands.
- 8.00 The Cricket's On
- 9.00 WWE Monday Night Raw
- 11.30 Ariel Helwani Meets
- 12.00 M'T WWE NXT Highlights
- 1.00 AM **LIVE WWE NXT** The next generation of wrestling stars showcase their talents.
- 3.15 Ariel Helwani Meets
- 4.15 Rugby Tonight
- 5.00 to 6.00 AM Marion Jones: Press Pause

BT Sport 2

414 414 871 528 409 431

- 6.00 AM **LIVE One Day International Cricket New Zealand v Netherlands.** Coverage of the first ODI in the three-match series.
- 10.15 Test Cricket Highlights
- 11.15 Badminton
- 1.15 PM On The Bank: Angling Outlaws
- 1.45 On The Bank: Extreme Carp Hunting for Romanian carp.
- 2.15 Inside Sailing The latest news.
- 2.45 Freeride World Tour
- 3.45 Gallagher Premiership Rugby Highlights The latest action.
- 5.15 Rugby Tonight
- 6.00 Vanarama National League
- 7.30 FIM X-Trial World Championship Highlights
- 8.30 UEFA Champions League Magazine News and updates.
- 9.00 BT Sport Films
- 10.00 UFC Unleashed
- 11.00 WSL Championship Tour Action from the MEO Pro Portugal finals day.
- 12.00 M'T **LIVE College Basketball** Coverage of an NCAA clash.
- 2.00 AM UFC Blaydes v Daukaus.
- 5.00 Gearing Up Motor sport.
- 5.30 to 6.00 AM Arsenal Classics

BT Sport 3

417 417 874 529 410 432

- 6.00 AM AFL Triple bill.
- 12.00 NOON WSL Championship Tour Action from the MEO Pro Portugal eliminations rounds.
- 1.00 PM WSL Championship Tour Action from the MEO Pro Portugal rounds of 32 and 16.
- 2.00 WSL Championship Tour Action from the MEO Pro Portugal finals day.
- 3.00 FIM X-Trial World Championship Highlights Highlights from the FIM X-Trial World Championship.
- 4.00 A-League Women Action from the Grand Final.
- 5.00 UEFA Champions League Magazine News and action.
- 5.30 UCL Stories of the Finals
- 6.00 National Futsal Series Double bill of action from the FA National Futsal Series.
- 10.00 A-League Highlights
- 11.00 Test Cricket Highlights
- 12.00 M'T The Cricket's On
- 1.00 AM One Day International Cricket
- 2.00 Inside Sailing
- 2.30 Gearing Up
- 3.00 to 6.00 AM Isuzu UTE A-League

Sky Sports Action

407 407 865 517 507 426 446

- 6.00 AM NFL: America's Game
- 7.00 Premier League Darts A replay of the seventh night of the 2022 tournament at Rotterdam Ahoy.
- 10.30 Top Rank Boxing Archive
- 12.00 NOON Good Morning Football
- 3.00 PM Premier League Darts A replay of the seventh night of the 2022 tournament at Rotterdam Ahoy.
- 6.30 NFL Gameday An all-access look back at Super Bowl LIV.
- 7.00 NBC's Pro-Football Talk Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
- 9.00 Fight Night International A replay of Miguel Berchelt v Jeremiah Nakathila.
- 10.00 Fight Night International A look back at action from Jose Ramirez v Jose Pedraza.
- 11.00 Fight Night International Highlights of the bout between Edgar Berlanga and Steve Rolls.
- 12.00 M'T Total Access Inside access to all 32 teams.
- 1.00 AM NFL Bitesize Highlights
- 2.00 Premier League Darts
- 5.30 to 6.00 AM Darts Gold

Sky Sports Mix

416 416 873 520 510 429 449

- 6.00 AM Fighting Fit 2020
- 7.00 Fit In 5
- 7.30 My Icon Johnny Nelson.
- 8.00 Drone Racing League
- 10.00 Women's World T20 Classics
- 10.20 ICC Women's World Cup 2017 England v India in the final.
- 10.55 **LIVE One-Day International Cricket Pakistan v Australia.** The first ODI in the three-match series, which takes place at Rawalpindi Cricket Stadium.
- 7.00 PM My Icon Triple bill.
- 7.40 **LIVE International Football Northern Ireland v Hungary.** Coverage of the friendly match at Windsor Park. Kick-off 7.45pm.
- 9.45 My Icon Thierry Henry.
- 10.00 One-Day International Cricket Pakistan v Australia: Highlights of the first ODI in the three-match series, which took place at Rawalpindi Cricket Stadium.
- 11.00 IPL Action from a match in the lucrative Twenty20 competition.
- 12.00 M'T Drone Racing League Action from the event staged at the Air Boneyard.
- 2.00 AM Formula 1 Double bill.
- 4.00 to 6.00 AM Netball Superleague

BT Sport/ESPN

423 423 876 530 411 434

- 6.00 AM ESPN FC Football news.
- 6.30 ESPN SportsCenter
- 6.45 Around the Horn
- 7.15 Pardon the Interruption
- 7.45 ESPN SportsCenter
- 8.00 ESPN FC Football news.
- 8.30 NCAA Championship
- 12.30 PM ESPN SportsCenter
- 12.45 Around the Horn
- 1.15 Pardon the Interruption
- 1.45 ESPN SportsCenter
- 2.00 ESPN FC Presents: Gab & Juls
- 2.30 ESPN FC Football news.
- 3.00 National Lacrosse League
- 5.00 ESPN SportsCenter
- 5.15 Around the Horn
- 5.45 Pardon the Interruption
- 6.15 ESPN FC Football news.
- 6.45 ESPN SportsCenter
- 7.00 NCAA Basketball Tournament
- 11.00 Freeride World Tour
- 12.00 M'T National Lacrosse League
- 2.00 AM **LIVE College Basketball** Coverage of an NCAA clash.
- 4.30 to 6.00 AM Highlights

Eurosport 1

410 410 868 521 412 435

- 6.00 AM Cycling: Nokere Koerse
- 7.00 World Superbikes: Preview
- 8.00 Formula E The Mexico City ePrix.
- 9.00 Snowboarding In Switzerland.
- 10.00 Cycling: E3 Saxo Bank Classic
- 11.00 Snooker: Gibraltar Open
- 1.00 PM Cycling Double bill.
- 3.00 Olympic Games: Hall of Fame
- 4.00 Motocross World Championship From Argentina.
- 5.00 Rally Raid: Extreme E
- 6.00 Ski Jumping From Slovenia.
- 7.00 The Cycling Show
- 7.30 Cycling: Rad Race Series
- 8.00 Cycling: Kuurne-Brussels-Kuurne The race in Belgium.
- 9.00 Cycling: Milan-San Remo
- 10.00 The Cycling Show
- 10.30 Cycling: Rad Race Series
- 11.00 FIA World Endurance C'ship
- 12.00 M'T Cycling: Gent-Wevelgem
- 2.00 AM Snowboarding
- 3.00 Freestyle Skiing
- 4.00 Olympic Games: Hall of Fame
- 5.00 to 6.00 AM Cycling

Eurosport 2

411 411 869 522 413 436

- 6.00 AM World Superbikes
- 7.00 Snooker: Shoot-Out
- 9.00 Cycling: Gent-Wevelgem
- 10.00 Olympic Games: Hall of Fame - Beijing 2022 Ski Jumping
- 11.00 FIA World Endurance Championship
- 12.00 NOON World Superbikes
- 3.00 PM Formula E The Diriyah ePrix.
- 4.00 Snowboarding In Switzerland.
- 5.00 Cycling: Gent-Wevelgem
- 7.00 Formula E The Mexico City ePrix.
- 8.00 World Superbikes Round four.
- 9.00 World Superbikes Round five from Assen, the Netherlands.
- 10.00 World Superbikes The sixth round from Czech Republic.
- 11.00 Cycling: Gent-Wevelgem
- 12.00 M'T Figure Skating World Championships
- 1.00 AM Olympic Games: Hall of Fame - Beijing 2022
- 2.00 Snooker: Turkish Masters
- 4.00 World Touring Car Cup
- 5.00 to 6.00 AM World Superbikes

Sky Sports Arena

408 408 866 518 508 427 447

- 6.00 AM Drone Racing League
- 8.00 Netball Superleague
- 10.00 NBA Basketball
- 12.00 NOON Netball Superleague
- 2.00 PM Betfred Super League Highlights Double bill.
- 2.30 Drone Racing League Action from the Air Boneyard.
- 4.30 Netball Superleague A re-run of Loughborough Lightning v Manchester Thunder.
- 6.30 High Tops A look at Dwayne Wade's best plays.
- 7.00 NBA GameTime
- 7.30 My Icon Chris Hughton.
- 7.40 **LIVE International Football Republic of Ireland v Lithuania.** Coverage of the friendly match from the Aviva Stadium. Kick-off 7.45pm.
- 9.45 Betfred Super League Highlights Recent action.
- 12.00 M'T NBA Basketball
- 4.00 to 6.00 AM Rugby League Retro

Sky Sports F1

406 406 864 516 506 425 445

- 6.00 AM Formula One: Best of 2021
- 11.00 Formula 1 Triple bill.
- 3.30 PM Formula 2 Championship
- 4.50 Goodbye Kimi
- 5.00 Formula 1 The Saudi Arabian GP.
- 6.00 Golf with Carlos & Lando
- 6.10 Brazil 2008 Revisited
- 6.20 Goodbye Kimi
- 6.30 Any Driven Monday
- 7.30 Martin & Damon in the FW07
- 7.40 2021 A-Z of F1
- 8.00 Formula 2 Championship
- 9.20 Brazil 2008 Revisited
- 9.30 Formula 1 The team present from the grid ahead of the Saudi Arabian Grand Prix.
- 10.55 Formula 1 The Saudi Arabian Grand Prix: Another chance to see the second round of the season from Jeddah Corniche Circuit.
- 1.00 AM Formula 1 Reaction from the Saudi Arabian Grand Prix.
- 2.00 Legends of F1 Murray Walker.
- 2.30 to 6.00 AM Formula One: Best of 2021

Wednesday

30 March

Evening Planner

Wednesday

Superhero drama



NEW

DC's Legends of Tomorrow

Sky Showcase/Max, 8pm
The start of the seventh season finds the Legends stranded in 1920s Texas – with FBI director J Edgar Hoover on their tail

Travelogue



NEW

Matt Baker: Travels with Mum and Dad

More4, 9pm
The host takes his parents on a series of road trips around his beloved North East

OnDemand



NEW

Moon Knight

Available today
Superhero drama following a mild-mannered museum gift-store worker (Oscar Isaac) who is transformed into a mercenary

OnDemand



NEW

Death on the Nile

Available today
Kenneth Branagh's adaptation of the Agatha Christie mystery starring Annette Bening and Tom Bateman

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef	9.00 Interior Design Masters with Alan Carr	10.00 News; Local News	10.35 Mood
102 BBC2	7.00 Doctors	7.30 Rick Stein's...	8.00 Your Body Uncovered with Kate...	9.00 Great British Menu: The Finals	10.00 QI	10.30 Newsnight
103 ITV	6.30 News	7.30 Emmerdale	8.00 Coronation Street	9.00 Kate & Koji	9.30 Bradley &...	10.00 News; Local News
104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It	9.00 The Simpler Life		10.00 Naked Attraction
105 CHANNEL 5	7.00 The Gadget Show		8.00 Police Interceptors	9.00 Council House Swap		10.00 Killer at the Crime Scene
106 SKY SHOWCASE	7.00 The Simpsons		8.00 DC's Legends of Tomorrow	9.00 SEAL Team	10.00 Bloods	10.30 Frayed

ENTERTAINMENT

117 BBC3	7.00 MasterChef Australia		8.00 Glow Up Ireland	9.00 Leigh-Anne: Race, Pop & Power	10.00 Love in the Flesh	
116 BBC4	7.00 Steam Days	7.30 Villages by the...	8.00 Secret Life of Farm Animals	9.00 Putin, Russia and the West	10.00 The Earth Is Blue as an Orange...	
118 ITV2	7.00 Superstore		8.00 Bob's Burgers	9.00 Family Guy		
136 MORE4	6.55 Escape to the Chateau: DIY	7.55 Devon and Cornwall		9.00 Matt Baker: Travels with Mum & Dad	10.00 The Windsors: Inside the Royal...	
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia		9.00 Teen First Dates	10.00 Celebrity Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods	9.00 Bull	10.00 Transplant	
108 SKY ATLANTIC	6.45 The Sopranos	7.50 Game of Thrones		9.00 Yellowjackets	10.05 Winning Time: The Rise of the...	
110 GOLD	7.00 Ever Decreasing Circles	7.40 Dad's Army	8.20 Gavin & Stacey	9.00 Newark, Newark	9.40 The Good Life	10.20 Not Going Out
111 DAVE	7.00 Richard Osman's...	7.40 Room 101	8.20 Would I Lie to You?	9.00 QI XL	10.00 The Island	
119 ITV3	7.00 Heartbeat		8.00 Maigret in Montmartre		10.00 Law & Order: UK	
120 ITV4		7.15 Snooker: Tour Championship – Live: The evening session on day three at Venue Cymru in Llandudno				10.30 Film: Van...
112 COMEDY CENTRAL	7.00 Friends			9.00 Jason Manford Live	10.00 Rob Delaney Live: Jackie	
152 SYFY	7.00 Quantum Leap		8.00 Fringe	9.00 Grimm	10.00 Intergalactic	
113 SKY MAX	7.00 Stargate SG-1		8.00 DC's Legends of Tomorrow	9.00 SEAL Team	10.00 Football's...	10.30 Frayed
132 ALIBI	7.00 Rizzoli & Isles		8.00 Hudson & Rex	9.00 The Coroner	10.00 Annika	
130 SKY ARTS	7.00 André Rieu: There's No Place Like...		8.00 Anyone Can Sing	9.00 Spielberg		

DOCUMENTARY

125 DISCOVERY	7.00 Outback Truckers		8.00 Gold Divers		10.00 Moonshiners	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive: The Lost Shark	9.00 Legend of Deep Blue	10.00 I Was Prey	
129 NAT GEO	7.00 Car S.O.S.		8.00 Colossal Machines	9.00 Air Crash Investigation	10.00 Car S.O.S.	
123 SKY HISTORY	7.00 Forged in Fire Tournament of...		8.00 World's Greatest Treasure Mysteries	9.00 The Curse of Oak Island	10.00 Great Escapes with Morgan Freeman	
155 YESTERDAY	7.00 Great British...	7.30 Great British...	8.00 World's Most Dangerous Roads	9.00 Bangers and Cash		
121 SKY DOCS	7.00 The Nineties		8.00 Escobar by Escobar	9.00 How to Survive a Pandemic		

FILMS - Sky Cinema

301 PREMIERE	6.20 Blacklight	8.05 People Just Do Nothing: Big in Japan		10.00 Don't Breathe 2		
303 HITS	6.00 Zack Snyder's Justice League			10.00 Long Story Short		
304 GREATS	6.30 Locke	8.00 The Matrix Reloaded		10.20 Another 48 Hrs		
305 ANIMATION	6.35 Shrek	8.10 Bobbleheads: The Movie	9.50 Mary and the Witch's Flower			
306 FAMILY	6.55 Save the Cinema	8.45 The Tiger Rising		10.35 Charlotte's...		
307 ACTION	5.40 The Suicide Squad	8.00 Limitless		10.00 Darkman		
308 COMEDY	6.10 The Other Guys	8.00 Friends with Benefits		10.00 Sex Tape		
309 THRILLER	6.00 Mission: Impossible	8.00 Mission: Impossible II		10.05 Prisoners		
310 DRAMA	5.45 Enemy at the Gates	8.00 The Dry		10.00 The Desperate Hour		
311 SCI-FI	6.15 Gattaca	8.05 The Unholy		10.00 Urban Legend		
302 OSCARS	5.50 Batman	8.00 The Dark Knight		10.30 Promising...		
313 FILM4	5.50 Transformers: Dark of the Moon		9.00 Independence Day: Resurgence			
315 TCM MOVIES	7.00 Alias Jesse James		9.00 Who Dares Wins			

SPORT

401 MAIN EVENT	7.00 Sky Sports News					
402 PREMIER LEAGUE	7.00 PL World	7.30 PL 100 Club	8.00 Gary Neville's Soccerbox	9.00 PL World	9.30 PL 100 Club	10.00 PL Icons
403 FOOTBALL	7.00 Old Firm Derby...	7.30 International...	8.00 Best Goals Of...	8.30 Best Goals: Efl...	9.00 World Cup...	9.30 International...
404 WORLD CUP	7.00 ICC Women's World Cup		8.15 Best of the ICC Women's...	9.00 IPL		10.00 ICC Women's World Cup
413 BT SPORT 1	7.00 DIY Pundit	7.30 Premiership Rugby Cup – Live				10.00 DIY Pundit
414 BT SPORT 2	7.00 Test Cricket Highlights			9.00 WWE NXT		10.30 The Aussie...

† Denotes programmes starting before 7.00pm † Regions vary



BBC1

101 101/115 801 101 101 101 101/106

- 6.00 AM **Breakfast** (S)
- 9.15 **Morning Live** **New edition** (S)
- 10.00 **Animal Park Easter Special** (S)(R)
- 10.45 **Defenders UK** (S)(R)
- 11.15 **Homes Under the Hammer** **New edition** From Beeston, Welwyn Garden City and Brighton. (S)(AD)
- 12.15 PM **Bargain Hunt** (S)(R)(AD)
- 1.00 **BBC News** (S)
- 1.30 **Local News** (S)
- 1.45 **Doctors** (S)(AD)
- 2.15 **Shakespeare & Hathaway: Private Investigators** (S)(R)(AD)
- 3.00 **Escape to the Country** (S)(R)(AD)
- 3.45 **The Repair Shop** **New edition** Restoring a saddler's stitching stool and a ceramic clock. (S)
- 4.30 **Bridge of Lies** **New edition** (S)
- 5.15 **Pointless** **New edition** Quiz. (S)
- 6.00 **BBC News** (S)
- 6.30 **Local News** (S)

BBC2

102 102/115 802 102 102 2 102 102/102/106

- 6.30 AM **Escape to the Country** (S)(R)
- 7.15 **The Repair Shop** (S)(R)
- 8.00 **Sign Zone: Gardeners' World** A visit to Bodnant Garden. (S)(R)
- 9.00 **BBC News** (S)
- 11.15 **Politics Live** (S)
- 1.00 PM **Ready Steady Cook** (S)(R)
- 1.45 **Eggheads** Quiz show. (S)(R)
- 2.15 **Street Auction** (S)(R)
- 3.00 **The Heights** (S1) (S)(R)(AD)
- 3.30 **The Customer Is Always Right** Customers test out a GPS tracking device for cats. (S)(R)(AD)
- 4.15 **Monkey Planet** (S)(R)(AD)
- 5.15 **Flog It!** Compilation edition. (S)(R)
- 6.00 **Richard Osman's House of Games** **New edition** With Richie Anderson, Jo Caulfield, Babatunde Aleshe and Carol Smillie. (S)
- 6.30 **Lightning** **New edition** Quiz show hosted by Zoe Lyons. (S)

ITV

103 103/176 803 103 103/113 3 103 103/111

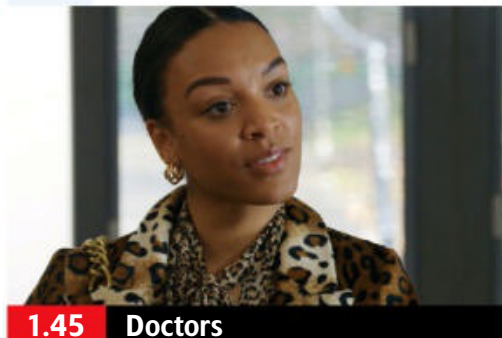
- 6.00 AM **Good Morning Britain** (S)
- 9.00 **Lorraine** (S)
- 10.00 **This Morning** (S)
- 12.30 PM **Loose Women** (S)
- 1.30 **ITV News** (S)
- 1.55 **Local News** (S)
- 2.00 **Dickinson's Real Deal** David Dickinson and the team are in Sheffield, where Tim Hogarth comes across a collection of football programmes. (S)(R)
- 3.00 **Lingo** Adil Ray hosts as a London couple, a Grimsby mother and daughter, and a couple from Croydon compete. (S)(R)
- 4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
- 5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
- 6.00 **Local News** (S)
- 6.30 **ITV News** (S)

CHANNEL 4

104/108 104/138 104 104/141 4 104 104

- 6.05 AM **Countdown** (S)(R)
- 6.45 **Cheers 14&15/22**. (S2) (S)(R)
- 7.40 **Everybody Loves Raymond** 13-15/16. (S9) (S)(R)(AD)
- 9.05 **Frasier** 15-17/24. (S6) (S)(R)(AD)
- 10.35 **Ramsay's Kitchen Nightmares USA** From Boston. (S)(R)
- 11.30 **News** (S)
- 11.35 **Undercover Boss USA** (S)(R)
- 12.30 PM **Steph's Packed Lunch** **New edition** Magazine. (S)
- 2.10 **Countdown** **New edition** (S)
- 3.00 **A Place in the Sun** (S)(R)
- 4.00 **A New Life in the Sun** (S)(R)
- 5.00 **Four in a Bed** **New edition** (S)
- 5.30 **Fame in the Family** **New edition** Actor Christopher Biggins hosts the latest dinner party. (S)
- 6.00 **The Simpsons** (S)(R)(AD)
- 6.30 **Hollyoaks** Cindy scrambles to fix Luke's mistake. (S)(AD)

Wednesday



1.45 **Doctors**



9.00 **Great British Menu: The Finals**



9.00 **Kate & Koji**



9.00 **The Simpler Life**

7 PM

- 7.00 **The One Show** Alex Jones and Harry Judd present the topical show. (S)
- 7.30 **EastEnders** Rainie makes a confession to Bernie, while Chelsea steps in to help Mack and Mia. (S)(AD)

- 7.00 **Doctors** Princess spots an opportunity with Valerie. (S)(R)(AD)
- 7.30 **Rick Stein's Cornwall** Rick meets comedian and actor Dawn French, who has made Cornwall her home. (S)(R)(AD)

- 7.30 **Emmerdale** Moira seethes at Charity, while Mary worries that Rhona is putting too much pressure on herself. (S)(AD)

- 7.00 **News** (S)

8 PM

- 8.00 **MasterChef** **New edition** 5/18. The contestants serve up a dish on the spot, and food critic Grace Dent sets them a brief to come up with a plate of food based around the humble potato. (S) ■ Continues on Friday

- 8.00 **Your Body Uncovered with Kate Garraway** **New edition** 5/6. Kate meets a young woman who has endured many years of pain because of endometriosis, and a man who has recently been diagnosed with kidney stones. (S)(AD)

- 8.00 **Coronation Street** The local authority solicitor attempts to prove Abi is an unfit mother, and that Alfie should be taken into care. Gary tells Maria he is going to confess to Rick's murder. (S)(AD)

- 8.00 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer journey to Cowbridge in Wales to help a couple who have a home in a picturesque location that, on the surface, seems perfect. (S)(R)(AD)

9 PM

- 9.00 **Interior Design Masters with Alan Carr** **New edition** 4/8. The interior designers hit the high street in Salisbury, transforming a bridal shop, a homeware shop and a lingerie shop - Mary Portas will be judging their efforts. (S)(AD)

- 9.00 **Great British Menu: The Finals** **New edition** The eight regional champions cook their main courses. Actor Alison Steadman joins the judging panel. (S) ■ Continues tomorrow

- 9.00 **Kate & Koji** **New episode** 3/6. Koji suffers a bad experience. (S2) (S)(AD)
- 9.30 **Bradley & Barney Walsh: Breaking Dad** 3/6. The father-and-son duo head to Switzerland. (S)(R)(AD)

- 9.00 **The Simpler Life** **New edition** 4/6. Hazel is struggling to churn butter, which causes problems when she asks for community money to go purchase some. However, the Amish host-family make an unexpected announcement. (S)

10 PM

- 10.00 **BBC News** (S)
- 10.25 **Local News** (S)
- 10.35 **Mood** *B***** in cages*: 5/6. Sasha embarks on her first girls' work trip abroad, but things take a sinister turn. (S1) (S)(R)(AD)

- 10.00 **QI** Josh Widdicombe, Susan Calman and Rich Hall join regular panellist Alan Davies and host Sandi Toksvig. (S)(R)
- 10.30 **Newsnight** (S)

- 10.00 **ITV News** (S)
- 10.30 **Local News** (S)
- 10.45 **Peston** Political magazine presented by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)

- 10.00 **Naked Attraction** **New edition** Host Anna Richardson is joined by 23-year-old trans woman Callie from Glasgow and 24-year-old product design engineer Luca who lives in Edinburgh. (S)(AD)

- 11.20 **The Apprentice** 12/12. Alan Sugar summons the two front-runners to the British Museum in London to set them their final challenge to win his £250,000 investment. They must launch their new business over an intensive three-day challenge, create a new brand for their company, produce a digital billboard and direct and edit a television advertisement. (S)(R)
- 12.20 AM **Weather for the Week Ahead**
- 12.25 to 6.00 AM **BBC News** (S)

- 11.10 **Weather** (S)
- 11.15 **Unspun World with John Simpson** **New edition** The BBC's World Affairs Editor reflects on the week's major news stories. (S)
- 11.40 **Hospital** Documentary. (S)(R)
- 12.40 AM **Sign Zone: Extraordinary Portraits** (S)(R)(AD)
- 1.10 **Sign Zone: Stanley Tucci: Searching for Italy** (S)(R)(AD)
- 1.55 **Sign Zone: Great Coastal Railway Journeys** (S)(R)(AD)
- 2.25 to 6.30 AM **Previews** (S)

- 11.40 **Joanna Lumley's Great Cities of the World** 2/3. Joanna's visit to Rome includes a look at the Trevi Fountain and a meeting with film star Gina Lollobrigida. (S)(R)(AD)
- 12.30 AM **Shop: Ideal World**
- 3.00 **Bling** Gok Wan meets a customer who gives Kiran an emotionally charged commission. (S)(SL)(R)
- 3.50 **Unwind with ITV**
- 5.05 to 6.00 AM **Tipping Point** Arcade-themed quiz. (S)(SL)(R)

- 11.05 **First Dates** Previous daters who had a long list of very specific requirements. (S)(R)(AD)
- 12.05 AM **Ramsay's 24 Hours to Hell and Back** From LA. (S)(R)(AD)
- 12.55 **Come Dine with Me** (S)(SL)(R)
- 1.50 **Iris Prize Best British Shorts: Resilience** Compilation. (S)(R)
- 2.55 **Guy's Garage** (S)(R)(AD)
- 3.50 **Location, Location, Location** (R)
- 4.45 **Moneybags** (S)(SL)(R)
- 5.40 to 6.05 AM **Bidding Wars** (S)(R)

+1 hour 203 114 35 112

+1 hour 204/208 142 15 121

CHANNEL 5

105 105 805 154 105 5 105 105 105

- 5.35 AM Milkshake!
- 9.15 Jeremy Vine (S)
- 12.15 PM **George Clarke's Build a New Life in the Country** Advice for a family-of-three who are relocating to Ireland. (S)(R)
- 1.10 News (S)
- 1.15 Home and Away (S)
- 1.45 Neighbours (S)
- 2.15 **FILM PREMIERE** **The Lakehouse Murder** Thriller. (S) (105min) ★★
- 4.00 **Filthy House SOS** Jon and Brennan face the monumental task of cleaning the home of Andrew in Norfolk. (S)(R)
- 5.00 News (S)
- 6.00 **Neighbours** Harlow is torn over Corey's suggestion she burn her mother's diary. (S)(R)
- 6.30 **Eggheads** **New edition** Quiz. (S)



9.00 Council House Swap

- 7.00 **The Gadget Show** **New edition** 5/6. Harry Wallop and Jordan Webber reveal what's hot in the world of gaming, and Jon Bentley tests on-ear headphones. (S)
- 7.55 News (S)
- 8.00 **Police Interceptors** **New edition** 8/10. Officers Mozza and Jonny pull over a drink driver who is found to be more than three times over the legal limit. Plus, the knife crime team arrest a suspected drug dealer. (S)
- 9.00 **Council House Swap** **New edition** 3/6. Artist Alison has a three-bedroom house in Streatham, south London, but she longs for change and cannot decide whether to stay local or move near the coast. (S)
- 10.00 **Killer at the Crime Scene** 2/8. How light source technology and fibre analysis led to the conviction of murderer Stephen Marshall, who dismembered his victim and scattered the body parts across Hertfordshire. (S)(R)
- 11.00 **FILM Tomb Raider** Action adventure starring Alicia Vikander and Dominic West. (S) (2018, 12, 135min) ★★
- 1.15 AM **21.co.uk Live Casino Show**
- 3.15 **George Clarke's Build a New Life in the Country** (S)(R)
- 4.00 **Cruising with Jane McDonald** The River Danube. (S)(SL)(R)
- 4.50 **Wildlife SOS** (S)(SL)(R)
- 5.15 to 5.40 AM **House Doctor** (R)

SKY SHOWCASE

106 106 806 110 109 340 355

- 6.00 AM **The Early Rundown**
- 7.00 **Kay Burley**
- 8.00 **Battle of the Alphas** (S)(R)(AD)
- 9.00 **Nothing to Declare** (S)(R)
- 10.00 **The Flash** 6/18. (S7) (S)(R)
- 11.00 **NCIS: New Orleans** (S6) (S)(R)
- 1.00 PM **Hawaii Five-0** (S2) (S)(R)
- 2.00 **S.W.A.T.** 11/23. (S2) (S)(R)(AD)
- 3.00 **Modern Family** (S5) (S)(R)
- 4.00 **Will & Grace** (S4&5) (S)(R)(AD)
- 5.00 **The Simpsons** (S)(R)
- 5.30 **The Fresh Prince of Bel Air** 3/25. Will meets a beautiful girl at a country club. (S)(R)
- 6.00 4/25. Will leaks stories of Uncle Phil's poor background to the press. (S1) (S)(R)
- 6.30 **The Simpsons** *The Last Temptation of Homer*: Homer tries to avoid a sexy colleague. With Michelle Pfeiffer. (S)(R)



10.00 Bloods

- 7.00 **The Simpsons** *Springfield (Or How I Learned to Stop Worrying and Love Legalised Gambling)*: Mr Burns opens a casino. (S)(R)
- 7.30 **Homer the Vigilante**: A mysterious cat burglar puts Springfield in a panic. (S)(R)
- 8.00 **NEW SERIES DC's Legends of Tomorrow** *The Bullet Blondes*: 1/13. Return of the US fantasy. After defeating the aliens and saving Earth, the members of the team find themselves stranded in 1925. (S7)
- 9.00 **SEAL Team** **New episode** *Close to Home*: 9/14. Jason seeks refuge with his father after his identity is compromised, while Ray leads Bravo Team on an operation accompanying British forces. (S5) (S)
- 10.00 **Bloods** **New episode** 3/10. Maleek and Wendy teach a knife crime workshop. (S3) (S)(R) ■ Entire series on Sky Box Sets
- 10.30 **Frayed** **Series finale** 6/6. The Coopers attempt to shift the evidence. (S2) (S)(AD) ■ Entire series on Sky Box Sets
- 11.30 **Micky Flanagan: The Out Out Tour** A stand-up comedy performance from 2011. (S)(R)
- 1.30 AM **Sex and the City** 3&4/18. Double bill. (S3) (S)(R)
- 2.30 **Road Wars** (S)(R)
- 3.00 **Hawaii Five-0** (S2) (S)(R)
- 4.00 **S.W.A.T.** 11/23. (S2) (R)
- 5.00 to 6.00 AM **The Early Rundown**

LOCAL VARIATIONS

- BBC1**
- SCOTLAND**
Sky 951, Virgin 862, Freesat 960
- 2.15pm Politics Scotland (S) 3.00-3.45 Shakespeare & Hathaway - Private Investigators (S) (R)(AD) 11.20 The Edit (S)(R) 11.35 Debate Night (S)(R) 12.35am The Apprentice (S)(R) 1.35 Weather for the Week Ahead (S) 1.40-6.00am BBC News (S)
- N. IRELAND**
Sky 953, Virgin 863, Freesat 957
- 10.35pm The Borrowers (S)(R) 11.05 Mood (S)(R) (AD) 11.55 The Apprentice (S)(R) 12.55-6.00am BBC News (S)
- WALES**
Sky 952, Virgin 864, Freesat 964
- 9.00-10.00pm Hidden **New episode** (S) 10.35 Interior Design Masters with Alan Carr **New edition** (S)(AD) 11.35 Mood (S)(R) (AD) 12.20am The Apprentice (S)(R) 1.20-6.00am BBC News (S)

- BBC2**
- N. IRELAND**
Sky 972, Freesat 969
- 10.00-10.30pm Spotlight (S)(R) 11.15 Hospital (S)(R)
 - 12.15-12.40am Unspun World with John Simpson **New edition** (S)
- WALES**
Sky 971, Freesat 971
- No variations

- ITV**
- No variations

- S4C**
- Sky 134, Virgin 166, Freesat 120
- 6.00am Cyw 11.00 Dysgu Gyda Cyw 12.00noon Newyddion S4C a'r Tywydd 12.05pm Garejjs: Dan y Bonet (AD) 12.30 Heno Aur 1.00 Anrhegion Melys Richard Holt (AD) 1.30 Cegin Bryn 2.00 Newyddion S4C a'r Tywydd 2.05 Prynghawn Da **New edition** 3.00 Newyddion S4C a'r Tywydd 3.05 Llanw 4.00 Awr Fawr 5.00 Stwnsh 6.00 Y Sioe Fwyd (AD) 6.30 Celwydd Noeth 7.00 Heno **New edition** 7.30 Newyddion S4C a'r Tywydd 8.00 Pobol y Cwm **New episode** (AD) 8.25 Rownd a Rownd **New episode** (AD) 8.55 Newyddion S4C a'r Tywydd 9.00 Ty am Ddim **New edition** 10.00 Cór Cymru 2022 11.00-11.35pm Cymoedd Roy Noble

TV&Satellite week
More channels than any other TV magazine

BBC3

117/141/173 107/157 23 109 179 107

BBC3 programmes start at 7.00pm



- 7.00 PM **MasterChef Australia** **New edition** A Taste Test.
- 7.50 **NEW The Real This Country** Behind the scenes.
- 7.55 **The Catch Up**
- 8.00 **Glow Up Ireland** **New edition** 3/8. Creating Michele Burke's most memorable film characters.
- 8.50 **NEW Leigh-Anne: Why I Made Race, Pop & Power** Leigh-Anne Pincock discusses her documentary.
- 9.00 **Leigh-Anne: Race, Pop & Power** Little Mix singer Leigh-Anne Pincock confronts her experiences of racism.
- 10.00 **Love in the Flesh** **New edition** 3/8. Tension reaches fever pitch with new arrivals.
- 10.45 **This Country** Double bill of the spoof documentary.
- 11.45 **Hot Property**
- 12.15 AM **Love in the Flesh**
- 1.00 **The Drop**
- 2.00 **Leigh-Anne: Race, Pop & Power**
- 3.00 **This Country**
- 3.30 to 3.55 AM **My Mate's a Bad Date**

MORE4

136 136 831 147 195 18 124

- 8.55 AM **Kirstie's Handmade Treasures** Candy canes.
- 9.15 **A Place in the Sun**
- 11.05 **Find It, Fix It, Flog It**
- 1.05 PM **Heir Hunters**
- 2.05 **Four in a Bed**
- 4.50 **Find It, Fix It, Flog It** Henry Cole turns a hubcap into a clock, and Simon O'Brien repurposes a copper immersion heater into a stylish wash basin.
- 5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a 1983 Citroën 2CV.
- 6.55 **Escape to the Chateau: DIY** A mishap with granite worktops put Rebecca's dream kitchen in jeopardy.
- 7.55 **Devon and Cornwall** The community of Looe gears up for an annual one-mile swim.
- 9.00 **NEW SERIES Matt Baker: Travels with Mum & Dad** 1/4. Series in which the Baker family explore the North East, beginning with Bamburgh Castle Estate.
- 10.00 **The Windsors: Inside the Royal Dynasty** 5/6. The marriage between the Prince and Princess of Wales.
- 11.00 **24 Hours in A&E**
- 12.05 AM **8 Out of 10 Cats Does Countdown**
- 1.10 **Matt Baker: Travels with Mum & Dad** As 9.00pm.
- 2.15 **24 Hours in A&E**
- 3.20 to 3.50 AM **Food Unwrapped**

+1 hour 236 196 86 125

BBC4

116 116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM **Steam Days** Miles Kington explores Brunel's line laid from Bristol to Exeter.
- 7.30 **Villages by the Sea** The history of Robin Hood's Bay on the North Yorkshire coast.
- 8.00 **Secret Life of Farm Animals** 3/3. Why pigs are intelligent and masters in the art of deception.
- 9.00 **Putin, Russia and the West** 1/4. Documentary on Vladimir Putin's rise to the top in Russia and how he has maintained his power.
- 10.00 **NEW The Earth Is Blue as an Orange** *Storyville* documentary in which a family document their lives under siege in Ukraine.
- 11.15 **Dog Tales: The Making of Man's Best Friend** 1/2. Examining genetics to answer questions about dogs.
- 12.15 AM **Steam Days**
- 12.45 **Villages by the Sea**
- 1.15 **Secret Life of Farm Animals** As 8.00pm.
- 2.15 to 3.15 AM **Putin, Russia and the West**

E4

135 135 830 106 145 13 122

- 6.00 AM **Hollyoaks**
- 7.00 **Ramsay's Kitchen Nightmares USA**
- 9.00 **Married at First Sight Australia**
- 10.30 **The Big Bang Theory**
- 11.00 **Young Sheldon**
- 12.00 NOON **Brooklyn Nine-Nine** 8&9/18. (S6)
- 1.00 PM **The Big Bang Theory**
- 3.00 **Young Sheldon**
- 4.00 **Brooklyn Nine-Nine**
- 5.00 **The Big Bang Theory** Four episodes. (S10&4)
- 7.00 **Hollyoaks** Tension builds between Zara and Cindy.
- 7.30 **Married at First Sight Australia** **New edition** The couples are keen to gather for their final evening at the Retreat.
- 9.00 **Teen First Dates** **Series finale** 6/6. Chris and Abigail try to navigate their date with compliments and food feeding.
- 10.00 **Celebrity Gogglebox** Famous faces appraise *Friends: The Reunion*, *Secret Crush* and *This Morning*.
- 11.05 **Gogglebox**
- 12.10 AM **First Dates**
- 1.15 **Married at First Sight Australia** As 7.30pm.
- 2.45 **Teen First Dates**
- 3.40 **Below Deck: Mediterranean**
- 4.30 **Ramsay's Kitchen Nightmares USA**
- 5.20 to 6.00 AM **Mike & Molly**

+1 hour 235 146 30 123

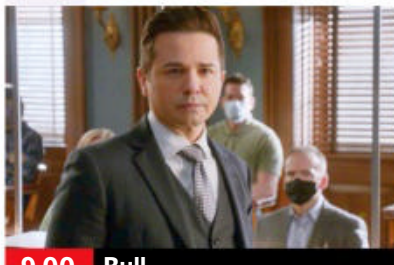
+1 hour 205 155 46 128

+1 hour 206

Sky Witness

107 107 807 112 111 341 356

- 6.00 AM **Nothing to Declare**
- 8.00 **Border Patrol**
- 9.00 **Send in the Dogs**
- 10.00 **The Force: Manchester**
- 11.00 **Law & Order** 6/24. (S14)
- 12.00 NOON **Bull** 14/22. Jason is asked to help the FBI. (S2)
- 1.00 PM **Blue Bloods** (S9)
- 3.00 **Coroner** 3/8. Jenny's personal interest in the case of a lab assistant's death complicates the investigation. (S2)
- 4.00 **Paramedics Australia**
- 5.00 **Nothing to Declare**



9.00 **Bull**

Sky Atlantic

108/109 108/109 808 342 357

- 6.00 AM **The British**
- 8.00 **CSI** 18/24. (S6)
- 9.00 **The Sopranos** 1&2/13. (S5)
- 11.10 **Game of Thrones** 2/7. (S7)
- 12.15 PM **Raised by Wolves** (S1)
- 2.25 **Hausen** 7/8. (S1)
- 3.30 **Ray Donovan** 2/12. A witness could rock Mac's world.
- 4.35 3/12. Ray officially begins working for Samantha Winslow again. (S6)
- 5.40 **The Sopranos** 3/13. Tony attempts to negotiate a plan.
- 6.45 4/13. Carmela and Tony discuss AJ's future. (S5)



9.00 **Yellowjackets**

Sky Max

113/114 113/114 122 121 345 360

- 6.00 AM **Stargate SG-1** (S5)
- 8.00 **Arrow** 17/22. (S7)
- 9.00 **DC's Legends of Tomorrow**
- 10.00 **The Flash** 6/18. (S7)
- 11.00 **NCIS: New Orleans** (S6)
- 1.00 PM **Hawaii Five-0** (S2)
- 2.00 **S.W.A.T.** 11/23. (S2)
- 3.00 **DC's Legends of Tomorrow**
- 4.00 **Arrow** 18/22. (S7)
- 5.00 **The Flash** 6/18. Cisco and Chester get stuck in 1998. (S7)
- 6.00 **Stargate SG-1** 6/22. Cassandra develops telekinetic powers. (S5)



8.00 **DC's Legends of Tomorrow**

ITV2

118 118 816 115 176 6 113

- 6.00 AM **Dress to Impress**
- 7.00 **The Ellen DeGeneres Show**
- 8.00 **Love Bites**
- 9.00 **Secret Crush**
- 10.00 **Dress to Impress**
- 11.00 **Love Bites**
- 12.00 NOON **Supermarket Sweep**
- 1.00 PM **Catchphrase**
- 2.00 **Family Fortunes**
- 3.00 **The Ellen DeGeneres Show** **New edition** With John Cho.
- 4.00 **Dress to Impress**
- 5.00 **You've Been Framed!**
- 6.00 **Celebrity Catchphrase**



9.00 **Family Guy**

ITV3

119 119 817 117 177 10 115

- 6.00 AM **Classic Coronation Street**
- 7.00 **Classic Emmerdale**
- 8.05 **That's My Boy**
- 9.40 **Upstairs, Downstairs**
- 11.50 **Heartbeat**
- 2.00 PM **Classic Emmerdale**
- 3.00 **Classic Coronation Street**
- 4.05 **Midsomer Murders Faithful Unto Death**: The wife of the businessman behind a failed project goes missing.
- 6.00 **Heartbeat An American in Aidsfield**: Greengrass goes into business with a stranger.



8.00 **Midsomer Murders**

7 PM

- 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 **Blue Bloods** *The Real Deal*: 1/19. Danny and Baez grapple with a year-old homicide investigation. (S10)

9 PM

- 9.00 **Bull** **New episode** *Law of the Jungle*: 13/16. Jason is hired to help a woman go against legal advice. (S5) ■ Entire series on Box Sets

10 PM

- 10.00 **Transplant** *The Only Way Out is Through*: 13/13. Bash fights to save a patient nearly killed by a medical error. (S1)
- 11.00 **Law & Order: Special Victims Unit** 18/24. (S12)
- 12.00 M/T **The Rookie** (S1&4)
- 2.00 AM **Criminal Minds** (S10)
- 3.00 **Bull** 14/22. (S2)
- 4.00 **Road Wars**
- 5.00 to 6.00 AM **Brit Cops: Frontline Crime UK**

+1 hour 207 206

- 7.50 **Game of Thrones** *The Queen's Justice*: 3/7. Daenerys holds court, Cersei returns a gift, and Jaime learns from his mistakes. (S7)

- 9.00 **Yellowjackets** *No Compass*: 7/10. The Yellowjackets are forced to commit small talk. (S1)

- 10.05 **Winning Time: The Rise of the Lakers Dynasty** *The Swan*: 1/10. Drama starring John C Reilly and Jason Clarke. (S1)

- 11.10 **Winning Time: The Rise of the Lakers Dynasty** 2/10. (S1)
- 12.15 AM **Get Shorty** 7/7. Miles is questioned by detectives. (S3)
- 1.20 **Banshee** 8/10. (S3)
- 2.25 **Six Feet Under** 13/13. (S2)
- 3.30 **In Treatment**
- 4.00 to 6.00 AM **The British**

+1 hour 208/209

- 7.00 **Stargate SG-1** *Beast of Burden*: 7/22. Daniel's friend Chaka is imprisoned by slave traders. (S5)

- 8.00 **NEW SERIES** **DC's Legends of Tomorrow** *The Bullet Blondes*: 1/13. The team become stranded in 1925. (S7)

- 9.00 **SEAL Team** **New episode** *Close To Home*: 9/14. Jason seeks refuge with his father after his identity is compromised. (S5)

- 10.00 **Football's Funniest Moments** Comical clips.
- 10.30 **Frayed** **Series finale** 6/6. The Coopers try to shift the evidence. (S2)

- 11.30 **Harlan Coben's The Five** 5/10. Slade receives some devastating news.
- 12.30 AM 6/10. Danny makes a breakthrough. (S1)
- 1.30 **Road Wars**
- 2.00 **Sun, Sea and A&E**
- 3.00 **Hawaii Five-0** 23/23. (S2)
- 4.00 **S.W.A.T.** 11/23. (S2)
- 5.00 to 6.00 AM **Highway Patrol**

+1 hour 218 116 29 114

- 7.00 **Superstore** 20/22. Glenn organises a cleaning day.
- 7.30 21/22. Glenn tries to change Jeff's mind about the sackings. (S2)

- 8.00 **Bob's Burgers** 22/23. Bob chaperones a school trip to the museum.
- 8.30 23/23. Gene loses his confidence. (S3)

- 9.00 **Family Guy** 16/18. Peter makes a group of female friends.
- 9.30 18/18. Lois books a couple's vacation. (S13)

- 10.00 **Family Guy** 5/23. Brian and Stewie revisit the pilot episode. (S10)
- 10.30 6/18. Peter throws Jesus a party. (S13)

- 11.00 **Family Guy** (S13)
- 11.30 **American Dad!** (S13)
- 12.25 AM **Bob's Burgers** (S4)
- 1.25 **Superstore** (S2&3)
- 2.20 **Celebrity Juice**
- 3.00 **Totally Bonkers Guinness World Records**
- 3.25 to 3.30 AM **Unwind with ITV**

+1 hour 219 174 59 116

- 7.00 **Heartbeat** *Bringing It All Back Home*: Things may be about to change for Nick when a new inspector arrives.

- 8.00 **Midsomer Murders** 2/2. The detective investigates the seemingly random murders of a countess and a showgirl – and discovers an unexpected connection between the two victims' past experiences. Stars Rowan Atkinson. (S2)

- 10.00 **Law & Order: UK** *Safe*: 2/6. A police hunt is launched when a boy goes missing from a merry-go-round. (S5)

- 11.00 **Scott & Bailey** 7/8. Andy punishes Janet by keeping her out of an investigation. (S2)

- 12.05 AM **Midsomer Murders** *Murder on St Malley's Day*: A public schoolboy is found stabbed to death.
- 2.05 to 2.30 AM **Unwind with ITV**

BBC Scotland

SCOT 115 108 9 108 106

REST OF UK 194 162 110

- 12.00 NOON **This Is BBC Scotland**
- 7.00 PM **Getaways** Holly Hamilton and JJ Chalmers explore the Greek island of Crete.
- 7.30 **Style Fixers** Alannah Carson takes on a heavy metal makeover for music-loving Minos.
- 8.00 **Scotland's Sacred Islands with Ben Fogle** Ben explores Catholic island life and whether the physical aspect of the landscape makes it easier to make spiritual connections in the southern part of the Outer Hebrides.
- 9.00 **The Nine**
- 10.00 **River City** **New episode** Caitlin fears she is pregnant, putting Ellie's plans in jeopardy.
- 10.30 **Debate Night**
- 11.30 PM to 12.00 M/T **Disclosure: From the Margins**

Sky Comedy

114/115 135 123 346 361

- 8.00 AM **Parks and...**
- 9.00 **Fresh Prince of Bel Air**
- 10.00 **Will & Grace** (S7)
- 11.30 **The Office (US)** (S9)
- 12.00 NOON **The Mindy Project** 1&2/22. (S2)
- 1.00 PM **Miracle Workers: Oregon Trail** (S3)
- 2.00 **A.P. Bio** 12&13/13. (S2)
- 3.00 **Modern Family** (S5)
- 4.00 **Will & Grace** (S4)
- 5.00 **The Office (US)** (S9)
- 5.30 **Fresh Prince of Bel Air**
- 6.30 **Will & Grace** (S7&8)
- 8.00 **Parks and Recreation**
- 9.00 **Code 404** 5&6/6. (S1)
- 10.00 **Bloods** **New episode** 3/10. Comedy. (S2)
- 10.30 **Yonderland** 7&8/8. (S2)
- 11.30 **The Tonight Show** Starring Jimmy Fallon **New edition** Chat show.
- 12.30 AM **The Late Late Show with James Corden** **New edition**
- 1.30 **A.P. Bio** 11-13/13. (S1)
- 2.50 **SMILF** 7&8/8. (S1)
- 4.00 to 5.00 AM **Everybody Hates Chris**

Sky Arts

130 130 165 140 11 147 364

- 6.00 AM **Sir Simon Rattle: Beethoven Symphonies**
- 7.20 **The Metamorphosis**
- 9.00 **Tales of the Unexpected**
- 10.00 **Discovering**
- 11.00 **Music Icons: Teen Idols**
- 11.30 **Video Killed the Radio Star** Depeche Mode.
- 12.00 NOON **Vermeer from the National Gallery**
- 1.00 PM **Tales of the...**
- 2.00 **Discovering**
- 3.00 **Portrait Artist 2018: The Winner's Story**
- 4.00 **Boswell & Johnson's Scottish Road Trip**
- 5.00 **Tales of the Unexpected**
- 6.00 **Discovering**
- 7.00 **André Rieu: There's No Place Like Home**
- 8.00 **NEW SERIES** **Anyone Can Sing** 1/4.
- 9.00 **Spielberg**
- 11.10 **The Directors**
- 12.10 AM **I Am Heath Ledger**
- 2.05 **Comedy Legends**
- 3.00 **Urban Myths**
- 4.00 **The South Bank Show**
- 5.00 to 6.00 AM **The Art of Architecture**

Pick

159 156 36 144

- 7.00 AM **Border Security: Canada's Front Line**
- 8.00 **Motorway Patrol**
- 9.00 **Police Force: Australia**
- 10.00 **Police Ten 7**
- 11.00 **Highway Cops**
- 12.00 NOON **Highway Patrol**
- 1.00 PM **Border Patrol**
- 2.00 **Border Security: Canada's Front Line**
- 3.00 **Nothing to Declare**
- 4.00 **Stargate SG-1** (S3)
- 5.00 **Star Trek: The Next Generation** 5/26. (S4)
- 6.00 **Stargate Atlantis** (S1)
- 7.00 **Hawaii Five-0** (S2)
- 8.00 **Killer in My Village**
- 9.00 **S.W.A.T.** 22/23. (S2)
- 10.00 **Grimm** 16/22. (S2)
- 11.00 **Killer Colleagues**
- 12.00 M/T **Britain's Most Evil Killers** Victor Farrant.
- 1.00 AM **The Force: North East** Documentary.
- 2.00 **Nothing to Declare**
- 3.00 **Border Patrol**
- 4.00 **Motorway Patrol**
- 5.00 to 6.00 AM **Police Force: Australia**

Comedy Central

112/113 181 132 344 370

- 8.00 AM **Last Man Standing**
- 9.00 **My Wife and Kids** (S3)
- 11.00 **Younger** 5-8/12. (S7)
- 1.00 PM **Friends** (S10&1)
- 7.00 **Friends** 7/24. Chandler becomes trapped in a bank's cashpoint lobby.
- 7.30 8/24. The gang pay their last respects at the funeral of Ross and Monica's grandmother.
- 8.00 9/24. Thanksgiving does not go as planned.
- 8.30 10/24. The gang celebrate New Year. (S1)
- 9.00 **Jason Manford Live**
- 10.00 **NEW** **Rob Delaney Live**: Jackie Stand-up special.
- 11.20 **Live at the Apollo**
- 12.20 AM **Rhod Gilbert's Growing Pains**
- 1.20 **Ricky Gervais Show**
- 1.50 **Bobby & Harriet at the Comedy Store**
- 2.20 **Jayde Adams at the Comedy Store**
- 2.50 **South Park** (S12)
- 3.45 to 5.00 AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 179 28 119

- 7.00 AM **The Real Housewives of Cheshire**
- 8.00 **Buying and Selling**
- 9.00 **LittleBe**
- 12.00 NOON **Unboxed**
- 12.30 PM **The Real Housewives of Potomac**
- 1.25 **The Real Housewives of Cheshire** Reality series.
- 2.25 **The Only Way Is Essex**
- 3.10 **Little Women: LA**
- 4.05 **The Real Housewives of Beverly Hills**
- 5.00 **The Real Housewives of Orange County**
- 6.00 **Masters of Flip**
- 7.00 **Buying and Selling**
- 8.00 **Dinner Date** **New edition** Christian from Leicester hopes to find love.
- 9.00 **Billie and Greg: The Family Diaries** **New edition** The family take part in a photoshoot.
- 10.00 **Botched**
- 11.00 **Bridezillas**
- 11.55 **The Only Way Is Essex**
- 12.45 to 1.00 AM **Unwind**

+1 hour 120 58

ITV4

120 120 818 118 178 26 117

6.00 AM The Champions
 6.50 The Avengers
 8.00 The Professionals
 9.00 Minder
 10.10 The Champions
 11.20 The Avengers
 12.25 PM World of Sport
 12.45 **LIVE** Snooker: Tour Championship The afternoon session on day three from Venue Cymru in Llandudno.
 4.00 The Professionals
 5.00 Minder
 6.05 Extreme Salvage Squad



10.30 Van Helsing

7.05 **Hot Shots** A selection of the best shots from ITV Sport's snooker coverage.
 7.15 **LIVE** Snooker: Tour Championship Jill Douglas presents coverage of the evening session on day three from Venue Cymru in Llandudno, featuring the conclusion of the third quarter-final. With commentary by David Hendon and Phil Yates.

10.30 **FILM** Van Helsing Fantasy adventure starring Hugh Jackman. (2004, 12, 132min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM The Professionals *Dead Reckoning*: A captured British spy is released when his Russian counterpart falls into British hands – but he is killed on his return home.
 2.05 The Protectors
 2.40 to 3.00 AM Unwind with ITV

+1 hour 220 175 60 118

Syfy

152 152 836 139 138 347 362

6.00 AM Quantum Leap (S2)
 7.00 Star Trek: Enterprise (S4)
 8.00 Teleshopping
 11.00 Star Trek: Voyager (S2)
 12.00 NOON Stargate Atlantis (S4)
 1.00 PM The Librarians (S3)
 2.00 V 15/19. (S3)
 3.00 Fringe As 8.00pm.
 4.00 Stargate Atlantis 5/20. (S4)
 5.00 Stargate SG-1 19/22. (S3)
 6.00 Star Trek: Enterprise 16/22. Archer and the crew pursue the kidnapped Phlox deep into Klingon territory. (S4)



9.00 Grimm

7.00 Quantum Leap *Pool Hall Blues*: 18/22. Sam occupies the body of a legendary pool player. (S2)
 8.00 Fringe *Everything in Its Place*: 17/22. Lincoln joins forces with his doppelgänger to track down a vigilante. (S4)

9.00 Grimm *Stories We Tell Our Young*: 6/22. A priest is murdered by a boy he is performing an exorcism on. (S3)

10.00 Intergalactic 3/8. The Hemlock begins to run out of power, so Ash, Verona and Echo embark upon a heist. (S1)

11.00 Fortitude 6&7/11. (S1)
 1.00 AM Stargate SG-1 19/22. The team members become pawns in an ideological war. (S3)
 2.00 Stargate Atlantis (S4)
 3.00 Star Trek: Enterprise (S4)
 4.00 Star Trek: Voyager (S2)
 5.00 to 6.00 AM Fringe

+1 hour 229

Alibi

132 132 827 126 212

7.10 AM Murdoch Mysteries (S1)
 9.00 Unforgettable 13/13. (S2)
 10.00 Major Crimes 10/23. (S4)
 11.00 Rizzoli & Isles 2/18. (S5)
 12.00 NOON Death in Paradise
 1.00 PM Father Brown
 2.00 Murdoch Mysteries (S11)
 4.00 Unforgettable 1/13. (S3)
 5.00 Major Crimes 11/23. Four wealthy individuals are left for dead outside a hospital emergency room. (S4)
 6.00 Death in Paradise 2/8. A nun is found dead. (S2)



9.00 The Coroner

7.00 Rizzoli & Isles *Goodbye*: 2/18. A woman claims she has murdered someone – but cannot remember who. (S5)

8.00 Hudson & Rex *The Pet Sitter*: 5/16. Charlie and Rex investigate the death of a pet sitter. (S1)

9.00 The Coroner *First Love*: 1/10. Crime drama with Claire Goose. A teenager is found dead at the foot of a tower. (S1)

10.00 Annika 3/6. When the body of a scientist is found, Annika is reminded of Ibsen's *An Enemy of the People*. (S1)

11.00 Deception 11/13. The team are called on to help stop a spy from stealing top-secret military information. (S1)
 12.00 M'T Traces 3&4/6. Double bill of the crime drama. (S2)
 2.00 to 4.00 AM Murdoch Mysteries

+1 hour 232 191

GOLD

110/111 110/111 124 343 358

7.00 AM Highlights
 8.20 Ever Decreasing Circles
 9.00 Hi-de-Hi!
 9.40 Last of the Summer Wine
 11.00 The Green Green Grass
 11.40 Dad's Army
 1.00 PM Victoria Wood
 1.40 The Good Life
 2.20 Desmond's
 3.00 The Green Green Grass
 3.40 Dad's Army
 4.20 Last of the Summer Wine
 5.40 Hi-de-Hi!
 6.20 Desmond's



9.00 Newark, Newark

7.00 Ever Decreasing Circles Paul announces he is leaving the area.

7.40 Dad's Army First episode of the classic comedy starring Arthur Lowe.

8.20 Gavin & Stacey The Essex boys plan a big night out in Cardiff and a sleepover at Bryn's house.

9.00 Newark, Newark *Series finale* 3/3. Leslie and Amber go on a double date. (S1)

9.40 The Good Life Barbara braves the ordeal of public speaking.

10.20 Not Going Out Lucy and Lee aim to answer an age-old question.

11.00 Peep Show Mark decides it's time to learn to drive.
 11.35 Sophie goes into labour.
 12.10 AM French and Saunders
 12.50 Victoria Wood
 1.30 The Good Life As 9.40pm.
 2.05 Not Going Out As 10.20pm.
 2.35 to 4.00 AM Peep Show

+1 hour 210/211 194

Dave

111/112 127 227 19 157

7.10 AM Sin City Motors
 8.00 Timber Kings
 9.00 Storage Hunters UK
 10.00 Top Gear
 11.00 Expedition with Steve Backshall From Oman.
 12.00 NOON Red Bull Soapbox Race
 1.00 PM Border Force: America's Gatekeepers
 2.00 Expedition with Steve...
 3.00 Rick Stein's Long Weekends
 4.00 Red Bull Soapbox Race
 5.00 Rick Stein's Long Weekends
 6.00 Taskmaster



10.00 The Island

7.00 Richard Osman's House of Games With Hugh Dennis and Nish Kumar.

7.40 Room 101 With guests Nicola Adams, Frankie Boyle and Diane Morgan.

8.20 Would I Lie to You? With John Bishop, Chris Addison, Joanna Page and Patsy Palmer.

9.00 QI XL Sandi Toksvig is joined by regular panellist Alan Davies and guests Ade Adepitan, Nish Kumar and Holly Walsh.

10.00 The Island *New edition* 2/8. Johnny Vegas and Ninia Benjamin choose a favourite rare animal. With guest Michaela Strachan.

11.00 Have I Got a Bit More Old News for You Lee Mack hosts.
 12.00 M'T Hypothetical
 1.00 AM QI XL
 1.40 Would I Lie to You?
 2.15 The Island
 3.15 Ladhood
 3.40 to 4.00 AM Indestructibles

+1 hour 211 131 74

GREAT! tv

157 189 50 142

6.00 AM Charlie's Angels
 7.00 Crazy Like a Fox (S1)
 8.00 Highway to Heaven
 10.00 **FILM** The Convenient Groom Romantic drama. (2016, PG, 86min) ★★
 11.50 **GREAT!** Movie News
 12.00 NOON Sue Thomas: F.B. Eye 2/19. (S1)
 1.00 PM Perception (S2)
 2.00 Body of Proof (S2)
 3.00 Castle 21/22. (S8)
 4.00 Murder, She Wrote
 7.00 M*A*S*H Four episodes of the series, including at:
 8.00 15/20. Hawkeye's practical joke on Winchester backfires.
 8.30 18/20. Guest stars Patrick Swayze. (S9)
 9.00 Who Wants to Be a Millionaire? Four editions of the quiz.
 1.00 AM M*A*S*H (S9)
 3.00 Hart to Hart 8/24. (S3)
 3.45 Crazy Like a Fox (S1)
 4.30 to 6.00 AM Highway to Heaven

+1 hour 257 220 62 143

4seven

137 143 203 49 127

9.00 AM Four in a Bed
 9.30 Come Dine with Me
 10.30 A New Life in the Sun
 11.30 A Place in the Sun
 2.30 PM Come Dine with Me
 5.00 A Place in the Sun
 6.00 A New Life in the Sun
 7.00 A Place in the Sun
 7.45 The Great Celebrity Bake Off for Stand Up to Cancer With Gareth Malone Ruby Wax, Laura Whitmore and Yung Filly.
 9.00 24 Hours in A&E Memorable cases.
 10.00 Rescue: Extreme Medics A man is trapped under a 650kg all-terrain vehicle.
 11.05 Police Custody USA
 12.10 AM **FILM** Alien: Covenant Thriller with Katherine Waterston. (2017, 15, 122min) ★★
 2.30 8 Out of 10 Cats Does Countdown
 3.30 Naked Attraction
 4.30 to 5.00 AM The Simpsons

+1 hour 241 185 130

5USA

141 141 153 21 129

9.00 AM NCIS (S8)
 10.55 Entertainment News
 11.00 NCIS 17/24. (S8)
 12.00 NOON Law & Order
 2.55 PM Entertainment News
 3.00 Law & Order (S19)
 6.00 NCIS *Devil's Triangle*: 7/24. A Homeland Security employee mysteriously disappears.
 7.00 Engaged – Part One: 8/24. An aircraft carrying dead US marines crashes.
 8.00 Engaged – Part Two: 9/24. Ziva and Gibbs rescue the captured Marine. (S9)
 9.00 Crossing Lines *Executioner*: 5/12. The team hunt for a serial killer. (S3)
 10.00 Law & Order: Special Victims Unit (S14&13)
 1.50 AM Law & Order: Criminal Intent (S1)
 3.35 to 4.00 AM Criminals: Caught on Camera

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM 999: Criminals Caught on Camera
 8.20 Shoplifters & Scammers: At War with the Law
 9.10 Filthy House SOS
 10.10 Judge Judy
 12.00 NOON Traffic Cops
 1.00 PM Traffic Cops
 2.00 Police Interceptors
 5.00 Shoplifters & Scammers: At War with the Law
 6.00 Home and Away
 7.00 You Are What You Eat
 8.00 Casualty 24/7: Every Second Counts
 9.00 999: Critical Condition
 10.00 A&E After Dark
 11.00 Ambulance: Code Red
 12.00 M'T Skin A&E
 1.00 AM Drunk Tank Hangover Documentary.
 2.00 Sex Pod
 3.00 Judge Judy
 3.45 to 4.00 AM Entertainment News

+1 hour 228 186 141

W

109/110 125 211 25 156

6.10 AM My Dream Home
 8.00 Tipping Point
 10.00 The Bill
 11.00 Inside the Vets
 12.00 NOON Inside the Ambulance
 2.00 PM Tipping Point
 4.00 My Dream Home
 6.00 MasterChef USA: Legends With guest judge Paula Deen.
 7.00 Property Brothers: Forever Homes
 8.00 Inside the Ambulance *New edition* Paramedics visit a convent to treat a nun with chest pain.
 9.00 The Undateables Eddie and Cassie celebrate their first anniversary.
 10.00 Myleene: Miscarriage and Me Documentary.
 11.00 Inside the Ambulance
 12.00 M'T Louis Theroux: America's Most Dangerous Pets
 1.00 to 3.00 AM Tipping Point

+1 hour 209/210 190

7 PM

8 PM

9 PM

10 PM

CBS Drama

147 197 68 134

9.00 AM Perry Mason
 11.00 Matlock 9/22. (S6)
 12.00 NOON Medium (S1)
 1.00 PM JAG (S6)
 3.00 Perry Mason
 5.00 Unsolved Mysteries
 6.55 Judge Judy Real-life small-claims cases.
 9.00 Medium *Jump Start*: 7/16. Larry Watt is implicated in the death of a girl whose body was found in a ravine. (S1)
 10.00 Unsolved Mysteries The story of a woman who was reported missing after her wedding, only to be found dead months later.
 11.00 The case of a soldier who may have been mistakenly reported dead.
 11.55 Judge Judy Real-life small-claims cases.
 2.00 AM Medium As 9pm.
 3.00 Evidence of Evil
 4.00 Something's Killing Me
 4.55 to 6.00 AM Matlock

CBS Justice

148 192 41 137

9.00 AM Diagnosis Murder
 11.00 The Fugitive (S3)
 12.00 NOON Perry Mason
 1.05 PM Walker, Texas Ranger (S7&8)
 3.00 CSI: Miami 16/24. (S3)
 4.05 NCIS 15/24. (S10)
 5.00 The Fugitive (S3)
 6.00 Perry Mason A chemist is accused of murder.
 7.05 Walker, Texas Ranger
 9.00 CSI: Miami *Nothing to Lose*: 16/24. A body is discovered in the Everglades (S3)
 10.05 NCIS *Hereafter*: 15/24. Vance discovers a key to a safety deposit box in his wife's effects. (S10)
 11.00 Diagnosis Murder
 1.00 AM Walker, Texas Ranger (S8)
 2.55 JAG 9/24. (S3)
 3.55 Donal MacIntyre: Unsolved - Trevor Deely Documentary.
 4.40 to 6.00 AM Medical Detectives

Challenge

160 160 48 146

7.00 AM The Chase
 10.00 Play Your Cards Right
 11.00 The Price Is Right
 12.00 NOON Wheel of Fortune Double bill.
 1.00 PM Catchphrase
 2.00 Family Fortunes
 3.00 Lily Savage's Blankety Blank Triple bill.
 5.00 Bullseye Double bill.
 6.00 Tenable Five friends from Cardiff compete.
 7.00 Pointless Celebrities: World Cup Special Guests with links to the football tournament compete, including Geoff Hurst, George Cohen, Peter Shilton, Steve Bull, Hope Powell and Casey Stoney.
 8.00 The Chase Double bill of the quiz show.
 10.00 Who Wants to Be a Millionaire? Quiz.
 11.00 Bullseye Double bill.
 12.00 M'T The Chase
 5.00 to 6.00 AM Bullseye

E!

151 151 835 164 163

7.00 AM Kourtney & Kim Take Miami
 8.00 Keeping Up with the Kardashians
 10.00 Dash Dolls
 11.00 Keeping Up with the Kardashians
 12.00 NOON News: Daily Pop
 1.00 PM Keeping Up with the Kardashians
 7.00 Botched A facial skin graft growing pubic hair challenges Paul Nassif.
 8.00 Terry Dubrow helps a woman whose breast implant fell out while brushing her teeth.
 9.00 Hollywood Medium with Tyler Henry
 10.00 Nightly Pop
 10.30 The Bradshaw Bunch
 11.00 Dr 90210
 12.00 M'T Dash Dolls
 1.00 AM Kourtney & Kim Take Miami
 2.00 Teleshopping
 3.00 to 5.00 AM Second Wives Club

Sky Documentaries

121 121 819 278 277 352 367

6.00 AM Disgraced
 8.00 Richard E Grant's Hotel Secrets
 9.00 Discovering: John Hurt
 10.00 The Directors
 11.00 Too Young to Die
 12.00 NOON The Nineties
 1.00 PM Escobar by Escobar
 2.00 At the Heart of Gold: Inside the USA
 3.40 My Icon: Casey Stoney
 4.00 Discovering: John Hurt
 5.00 The Directors
 6.00 Too Young to Die
 7.00 The Nineties
 8.00 Escobar by Escobar
 9.00 How to Survive a Pandemic Documentary.
 11.00 King Otto Greece's unexpected victory in the 2004 European football championship.
 12.40 AM For No Good Reason
 2.30 The Swamp
 4.30 PL Legends: Sol Campbell
 5.00 to 6.00 AM Richard E Grant's Hotel Secrets

Sky Nature

124 124 822 280 279 354 369

6.00 AM The Wild Wild East
 7.00 Monkey Life
 8.00 Battle of the Alphas
 9.00 Undiscovered Vistas
 10.00 Amazing Animal Friends
 11.00 Orangutan Jungle School
 12.00 NOON Hope for Wildlife
 1.00 PM Monkey Life
 2.00 Battle of the Alphas
 3.00 Undiscovered Vistas
 4.00 Amazing Animal Friends
 5.00 Orangutan Jungle...
 6.00 Hope for Wildlife
 7.00 Monkey Life
 8.00 Africa's Wild Horizons
 9.00 Animal Empires
 10.00 Orangutan Jungle...
 11.00 Hope for Wildlife
 12.00 M'T Secret Life of the Koala A profile.
 1.00 AM Great Parks of Africa The Chobe.
 2.00 Africa's Wild Horizons
 3.00 Animal Empires
 4.00 Battle of the Alphas
 5.00 to 6.00 AM Undiscovered Vistas

HGTV

158 286 44 166

7.00 AM Homes Under the Hammer The Midlands.
 8.00 Fantasy Homes by the Sea From Sardinia.
 9.00 A Place in the Sun: Home or Away
 10.00 Escape to the Country
 12.00 NOON Love Your Garden From London.
 1.00 PM Fixer Upper
 2.00 A Place in the Sun
 3.00 Fantasy Homes by the Sea From Sardinia.
 4.00 Building the Dream
 5.00 Homes Under the...
 6.00 A Place in the Sun
 7.00 Escape to the Country
 8.00 Love Your Garden
 9.00 My Lottery Dream Home Double bill.
 10.00 Good Bones *New edition*
 11.00 Fixer Upper
 12.00 M'T Escape to the Country North Wales.
 1.00 AM Building the Dream
 2.00 Homes Under the...
 3.00 to 4.00 AM Island Life

+1 hour 258 290

Food Network

140 285 43 148

6.00 AM Michel Roux's French Country Cooking
 7.00 The Pioneer Woman
 8.00 Guy's Grocery Games *New edition*
 9.00 The Hairy Bikers: Mums Know Best
 10.00 Tom's Proper Pub Food
 11.00 Nigel's Simple Suppers
 12.00 NOON Great British...
 1.00 PM Friday Night Feast
 2.00 James Martin's French...
 3.00 Rachel's Easy Meals
 4.00 Tom's Proper Pub Food
 5.00 The Pioneer Woman
 5.30 Delicious Miss Brown *New edition*
 6.00 Barefoot Contessa
 6.30 Girl Meets Farm
 7.00 Great British Bake Off
 8.00 James Martin's French Adventures *New edition*
 9.00 River Cottage Heroes
 10.00 Nigel's Simple Suppers
 11.00 Restaurant: Impossible
 12.00 M'T Guy's Grocery...
 1.00 to 3.00 AM Highlights

+1 hour 240 149

DMAX

172 171 38 150

6.00 AM Salvage Dawgs
 7.00 Tanked
 8.00 Treehouse Masters
 9.00 Yukon Men
 10.00 Alaska: Last Frontier
 11.00 Life Below Zero
 12.00 NOON Last Alaskans
 1.00 PM Building Alaska
 2.00 Maine Cabin Masters
 3.00 Jade Fever
 4.00 Destroyed in Seconds
 5.00 Alaskan Bush People
 6.00 Outback Opal Hunters
 7.00 Deadliest Catch
 8.00 Alaska: Last Frontier
 9.00 Outback Opal Hunters
 10.00 Yukon Gold
 11.00 Life Below Zero
 12.00 M'T Edge of Alaska
 1.00 AM Naked and Afraid
 2.00 Kindig Customs
 3.00 Born Survivor
 3.50 Tanked
 4.40 Maine Cabin Masters
 5.30 to 6.00 AM Salvage Dawgs

+1 hour 272 214 151

5Action

150 187 150 33 132

9.00 AM Criminals: Caught on Camera
 9.30 Traffic Cops
 11.30 Trucking Hell: Extreme Road Rescue
 12.30 PM FILM Horizons West Western. (1952, PG, 81min) ★★
 2.10 FILM The True Story of Jesse James Biopic. (1956, PG, 92min) ★★
 4.00 Trucking Hell
 5.00 Traffic Cops
 7.00 999: Criminals Caught on Camera
 8.00 Police Interceptors
 9.00 NEW SERIES Professionals *Snipe Hunt*: 1/10. Drama with Tom Welling. (S1)
 10.00 FILM Drive Angry Supernatural thriller. (2011, 18, 104min) ★★★
 12.00 M'T Fights, Camera, Action! Double bill.
 2.00 AM Hijacked
 3.00 Car Crash TV
 4.45 to 5.00 AM Entertainment News

Sky Crime

122 122 820 137 136 348 363

6.00 AM Highway Patrol
 7.00 Caught Red Handed
 8.30 Customs UK
 9.00 Nothing to Declare
 10.00 Brit Cops
 11.00 Road Wars
 12.00 NOON Murders That Shocked the Nation
 1.00 PM New York Homicide
 2.00 Britain's Most Evil Killers
 3.00 World's Most Evil Killers
 4.00 Killer in My Village
 5.00 Killer Lovers
 6.00 World's Most Evil Killers
 7.00 Killer in My Village
 8.00 Britain's Most Evil Killers
 9.00 Murdered at First Sight *New edition*
 10.00 Snapped Documentary.
 11.00 Most Evil Killers
 1.00 AM Mark of a Killer
 2.00 Snapped Documentary.
 3.00 Murders That...
 4.00 Brit Cops
 5.00 to 6.00 AM Motorway Patrol

+1 hour 222 207

CBS Reality

146 148 67 135

9.00 AM Judge Judy
 1.00 PM Judge Judy
 7.00 Medical Detectives A film plot reveals clues to a woman's murder.
 7.30 A murder is linked to a similar crime.
 8.00 Case Three: Operation Drake Police are called to a home after a body is discovered in a garage.
 9.00 Murder By the Sea Dismembered bodies of two women are both found in car boots.
 10.00 Injustice with Nancy Grace *New edition* Three women are killed during home invasions.
 11.00 Secrets of a Psychopath
 12.00 M'T Teens Who Kill
 1.00 AM Murder By the Sea
 2.00 Injustice with Nancy...
 3.00 Case Three...
 3.45 Unsolved Mysteries
 5.10 to 6.00 AM Celebrity Damage Control

+1 hour 246 201 136

Really

142 128 17 160

6.00 AM Celebrity Fantasy Homes Kelly Hoppen.
 7.00 Teleshopping
 8.00 Homes Under the Hammer Double bill.
 10.00 Celebrity Antiques Road Trip
 11.00 Antiques Road Trip
 12.00 NOON Money for Nothing Wooden blocks.
 1.00 PM A Place in the Sun
 2.00 Animal Cops Houston
 4.00 Pit Bulls & Parolees
 5.00 Countryside 999
 6.00 Money for Nothing
 7.00 Celebrity Antiques Road Trip
 8.00 Antiques Road Trip
 9.00 It's Me or the Dog *New editions* Double bill of the reality series.
 10.00 Dr Pimple Popper
 11.00 Ghost Adventures
 1.00 AM Kindred Spirits
 2.00 Teleshopping
 4.00 Animal Cops Houston
 5.00 to 6.00 AM Pit Bulls & Parolees

Blaze

164 216 64 162

6.00 AM Hardcore Pawn
 7.55 American Restoration
 8.25 Ancient Aliens
 10.20 Storage Wars Canada
 11.15 Storage Wars
 12.10 PM Pawn Stars
 2.05 Hardcore Pawn
 4.00 Ancient Aliens
 6.00 UFO Hunters
 7.00 Unidentified: Inside America's UFO Investigation
 8.00 UFOs: Secret Missions Exposed
 9.00 Westall '66: A Suburban UFO Mystery Documentary.
 10.05 Breaking Mysterious
 11.05 William Shatner's Weird or What?
 12.05 AM Roswell: The First Witness
 1.00 UFOs: Secret Missions Unidentified...
 2.00 UFO Hunters
 3.45 Alien Files: Unsealed
 4.10 to 6.00 AM Pawn Stars

+1 hour 81

TLC

133 133 828 167 323 377

6.00 AM Say Yes to the Dress: UK
 8.00 Say Yes to the Dress: Lancashire
 9.00 Curvy Brides Boutique
 10.00 Say Yes to the Dress
 11.00 Extreme Couponing
 12.00 NOON Nate & Jeremiah
 1.00 PM Good Bones
 2.00 Sister Wives
 4.00 Dr Pimple Popper
 5.00 sMothered
 6.00 Love After Lock Up
 7.00 Sister Wives
 8.00 Addicted to Marriage *New edition*
 9.00 1000lb Sisters
 10.00 Heartbreak Island
 11.00 Hoarding: Buried Alive
 12.00 M'T Addicted to Marriage
 1.00 AM 1000lb Sisters
 2.00 Heartbreak Island
 3.00 Say Yes... UK
 5.00 to 6.00 AM Say Yes to the Dress: Lancashire

+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM GPs: Behind Closed Doors Documentary.
 10.00 The Yorkshire Vet
 12.00 NOON The Dog Rescuers Double bill.
 2.00 PM GPs: Behind Closed Doors Triple bill.
 5.00 The Yorkshire Vet
 6.00 Watercolour Challenge
 7.00 Sinkholes: Sucked Under Documentary.
 8.00 Big Freeze: Winter '63
 9.30 Killer Weather: Caught on Camera
 10.30 World's Biggest Battleship: Drain the Oceans Documentary.
 11.35 The Great Escape: A Daring Plan 1/3.
 12.35 AM The Great Escape: Breakout 2/3.
 1.35 The Great Escape: Capture 3/3.
 2.35 Lighthouses: Building the Impossible
 3.30 Around the World by Train A European trip.
 3.55 to 4.00 AM Entertainment News

Quest

144 144 834 169 12 114 172

6.00 AM How Do They Do It?
 6.20 Find It, Fix It, Flog It
 7.10 Shed and Buried
 8.00 The Repair Shop
 9.00 Kings of the Wood
 10.00 Chasing Classic Cars
 11.00 Vintage Voltage
 12.00 NOON Wheeler Dealers
 1.00 PM Antiques Road Trip
 2.00 The Repair Shop
 3.00 Find It, Fix It, Flog It
 4.00 Salvage Hunters
 5.00 Salvage Hunters: The Restorers - Quick Fixes
 6.00 Wheeler Dealers
 7.00 Aussie Gold Hunters
 8.00 Salvage Hunters
 9.00 Salvage Hunters: The Restorers *New edition*
 10.00 Billy Buys Brooklyn
 11.00 How Do They Do It?
 12.00 M'T Wheeler Dealers
 1.00 AM Disasters at Sea
 2.00 Iron Resurrection
 3.00 Fantomworks
 4.00 Mighty Ships
 5.00 to 6.00 AM How It's...

+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM Say Yes... UK
 7.00 Say Yes... Atlanta
 8.00 Say Yes... Vegas Dress
 9.00 Animal Cops Houston
 10.00 Animal Cops Philadelphia
 11.00 Forensic Detectives
 1.00 PM Reasonable Doubt
 2.00 Disappeared
 3.00 True Crime
 4.00 Curvy Brides Boutique
 5.00 Say Yes... UK
 7.00 Long Lost Family
 8.00 Dr Pimple Popper
 9.00 Who Do You Think You Are? Michelle Keegan.
 10.00 Charlotte Church's Dream Build
 11.00 Forensic Detectives
 1.00 AM Murder on CCTV
 2.00 Murder Comes to Town
 3.00 FBI Files
 3.50 Animal Cops Phoenix
 4.40 Saving Britain's Wildlife
 5.30 to 6.00 AM Say Yes to the Dress

+1 hour 249 71 170

Discovery

- 125 125 823 250 322 376**
- 6.00 AM Wheeler Dealers
 - 7.00 Deadliest Catch
 - 9.00 Alaska: The Last Frontier
 - 10.00 Combat Dealers
 - 11.00 Wheeler Dealers: Dream Car A DeLorean.
 - 12.00 NOON Railroad Alaska
 - 1.00 PM Gold Rush: White Water
 - 3.00 Disasters Engineered
 - 4.00 Building Off the Grid
 - 5.00 Wheeler Dealers A classic 1985 MK1 Mazda RX7.
 - 6.00 Fast N' Loud Upgrading a 1967 Firebird convertible.



10.00 Moonshiners

- 7.00 **Outback Truckers** To avoid blocked roads, Steve Grahame takes some deserted back roads in the Northern Territory.
- 8.00 **Gold Divers** *New edition* Vernon races against weakening ice on Claim 56, while Zeke makes a late move to Tomcod.
- 9.00 **Gold Divers** *New edition* With Kris away on father duty, Andy is under pressure to bring in gold as captain of the Reaper.
- 10.00 **Moonshiners** *New edition* Following the efforts of illegal whiskey brewers, providing an insight into their lifestyles.
- 11.00 **Gold Rush** Following the gold miners of the Yukon as they put everything on the line in the hopes of striking it rich.
- 1.00 AM Moonshiners
- 2.00 Gold Divers
- 4.00 Moonshiners
- 4.50 Wheeler Dealers
- 5.40 to 6.00 AM How It's Made

+1 hour **225 258**

Animal Planet

- 162 251 325 378**
- 8.00 AM The Zoo
 - 9.00 Bad Dog!
 - 10.00 Animal Precinct
 - 11.00 How Do Animals Do That?
 - 12.00 NOON Coyote Peterson: Brave the Wild
 - 1.00 PM Alaska: Homestead Rescue Documentary.
 - 2.00 Pit Bulls & Parolees
 - 3.00 America's Cutest Pets
 - 4.00 Bad Dog!
 - 5.00 Dogs: The Untold Story
 - 6.00 Crikey! It's the Irwins Tiny poison dart frogs arrive.



9.00 Legend of Deep Blue

- 7.00 **How Do Animals Do That?** The science behind animal facts. **7.30** How cats always land on their feet.
- 8.00 **Extinct or Alive: The Lost Shark** Forrest Galante goes in search of the supposedly extinct Pondicherry shark.
- 9.00 **Legend of Deep Blue** Shark experts search for the largest great white in the world - Deep Blue - in Guadalupe Island.
- 10.00 **I Was Prey** A man who went to investigate a noise outside his cabin, only to find a massive grizzly bear standing there.
- 11.00 **Tanked** The team complete a tank for a Las Vegas amusement park.
- 12.00 M'T Finding Bigfoot
- 1.00 AM How Do Animals Do That? Double bill.
- 2.00 Pit Bulls & Parolees
- 3.00 America's Cutest Pets
- 4.00 to 5.00 AM Bad Dog!

+1 hour **262 259**

Nat Geographic

- 129 129 825 266 268 351 366**
- 8.00 AM Lost Treasures of Egypt
 - 9.00 Secrets of Christ's Tomb
 - 10.00 Bloody Tales from History
 - 11.00 Draining the Thames
 - 12.00 NOON Nazi Weird War Two
 - 1.00 PM WW2: Hell Under the Sea
 - 2.00 Nazi Megastructures
 - 3.00 Air Crash Investigation
 - 5.00 To Catch a Smuggler: JFK Airport Suspicious packages held in the airport's mailroom are investigated.
 - 6.00 **Car S.O.S.** Restoring a 1980s Porsche 911 suffering from almost terminal rust.



8.00 Colossal Machines

- 7.00 **Car S.O.S.** Fuzz Townshend and Tim Shaw secretly restore a 1983 Citroen 2CV.
- 8.00 **Colossal Machines** *New edition* The world's largest aircraft, including the Airlander 10 airship.
- 9.00 **Air Crash Investigation** A turboprop nearly crashes after being struck by lightning.
- 10.00 **Car S.O.S.** Tim Shaw and Fuzz Townshend take on carpenter Mike's 1980 Ford Escort RS2000.
- 11.00 **Air Crash Investigation**
- 12.00 M'T Alaska: The Next Generation
- 1.00 AM Ice Road Rescue
- 2.00 Lawless Island
- 3.00 Drain the Oceans
- 4.00 to 5.00 AM Pacific Shockwave: Drain the Ocean

+1 hour **229 267**

Sky History

- 123 123 821 270 353 368**
- 6.00 AM Secrets in the Ice
 - 8.00 Pawn Stars Double bill.
 - 9.00 American Pickers
 - 11.00 Ancient Aliens
 - 12.00 NOON Egypt's Unexplained Files The dark side.
 - 1.00 PM Forged in Fire Tournament of Champions
 - 2.00 American Pickers
 - 4.00 Secrets in the Ice
 - 6.00 **Pawn Stars** A signed platinum disc from glam metal band Poison.
 - 6.30 A Roman coin from 44BC is brought into the shop.



10.00 Great Escapes with...

- 7.00 **Forged in Fire Tournament of Champions** The bladesmiths fashion a musketeer's rapier.
- 8.00 **World's Greatest Treasure Mysteries** Gary Drayton heads to a vast gold mine in Superstition Mountain Arizona.
- 9.00 **The Curse of Oak Island** *New edition* New evidence links the Knights Templar to the Oak Island mystery.
- 10.00 **Great Escapes with Morgan Freeman** *New edition* One of the largest escapes in Britain. ■ Entire series on Box Sets
- 11.00 Mafia Killers
- 12.00 M'T Forged in Fire
- 1.00 AM World's Greatest Treasure Mysteries
- 2.00 Forged in Fire Tournament of Champions As 7.00pm.
- 3.00 Mafia Killers
- 4.00 Egypt's Unexplained Files
- 5.00 to 6.00 AM Pawn Stars

+1 hour **223 271**

Yesterday

- 155 129 27 159**
- 6.00 AM Antiques Roadshow
 - 8.00 **Nazi Victory: The Post-War Plan** Documentary.
 - 9.00 **World War Weird**
 - 10.00 **Abandoned Engineering**
 - 12.00 NOON **The Architecture The Railways Built**
 - 1.00 PM **Great British Railway Journeys** Double bill.
 - 2.00 **Abandoned Engineering**
 - 4.00 **Rise of the Nazis**
 - 5.00 **World War Weird**
 - 6.00 **Michael Palin's New Europe** Visits to Moldova and Romania.



6.00 Michael Palin's New...

- 7.00 **Great British Railway Journeys** From Exmouth.
- 7.30 **Great British Railway Journeys Goes to Ireland** Killarney to Cobh.
- 8.00 **World's Most Dangerous Roads** In Alaska, Sue Perkins and Charley Boorman drive along the notorious Dalton Highway.
- 9.00 **Bangers and Cash** A 1970 Excalibur Roadstar, once owned by Roy Orbison, arrives in Thornton-le-Dale.
- 10.00 **Bangers and Cash** Office manager Sarah attempts to bring order to the auto memorabilia sale.
- 11.00 **Abandoned Engineering**
- 12.00 M'T **Great British Railway Journeys** Michael Portillo goes out to sea with an RNLI lifeboat crew.
- 12.30 AM **Great British Railway Journeys Goes to Ireland** to 3.00 AM
- 1.00 **Antiques Roadshow**

+1 hour **255 200 75**

Disc. History

- 177 257**
- 6.00 AM **Tony Robinson's Wild West** The Sioux.
 - 7.00 Codes and Conspiracies
 - 8.00 HMS Ark Royal
 - 9.00 Truth Behind the Moon Landing
 - 10.00 **Engineering Mistakes**
 - 11.00 Codes and Conspiracies
 - 12.00 NOON **Combat Dealers**
 - 1.00 PM Expedition Unknown
 - 2.00 **Greatest Events of World War II**
 - 3.00 **Lost Temples of the Jungle** Documentary.
 - 4.00 **Mysteries at the Museum**
 - 5.00 HMS Ark Royal
 - 6.00 Truth Behind the...
 - 7.00 Expedition Unknown
 - 8.00 **Combat Dealers**
 - 9.00 **The Unexplained Files**
 - 10.00 **Nasa's Unexplained...**
 - 11.00 **Aircraft Stories**
 - 12.00 M'T **Combat Dealers** 2.00 to 6.00 AM Highlights

+1 hour **277 261**

Eden

- 166 245 247**
- 9.00 AM The Zoo
 - 10.00 **Yellowstone Journals**
 - 11.00 **Yellowstone**
 - 12.00 NOON **Africa's Fishing Leopards**
 - 1.00 PM **Super Squirrels**
 - 2.00 The Zoo
 - 3.00 **Wild Colombia with Nigel Marven**
 - 5.00 **Yellowstone**
 - 6.00 **Super Squirrels**
 - 7.00 **Yellowstone Journals**
 - 8.00 The Zoo
 - 9.00 **Wild Colombia**
 - 10.00 **Super Squirrels**
 - 11.00 **Yellowstone**
 - 12.00 M'T The Zoo
 - 1.00 AM **Yellowstone Journals**
 - 2.00 **It's a Wild Christmas**
 - 3.00 **Costa Rica: The Rise of Nature**
 - 3.50 **Wild Edens**
 - 4.40 **Costa Rica**
 - 5.30 to 6.00 AM **Collar of Duty**

+1 hour **266 246**

WILD

- 165 165 841 264 265**
- 8.00 AM **Dog: Impossible**
 - 9.00 **Yukon Vet**
 - 10.00 **Alaska Animal Rescue**
 - 11.00 **Bizarre Animal Friends**
 - 12.00 NOON **Snakes in the City** A black mamba.
 - 1.00 PM **Madagascar: A World Apart**
 - 2.00 **Madagascar's Legendary Lemurs**
 - 3.00 **South America's Weirdest Animals**
 - 4.00 **Pumas at the End of the World**
 - 5.00 **Monster Fish**
 - 6.00 **Snakes in the City**
 - 7.00 **Animal Fight Club**
 - 8.00 **Man, Woman, Dog** *New edition*
 - 9.00 **Unknown Waters**
 - 10.00 **Ocean Fight Club**
 - 11.00 **Animal Fight Club**
 - 12.00 M'T **Swamp Men**
 - 1.00 AM **Animals Gone Wild**
 - 2.00 **Bizarre Animal Friends**
 - 3.00 **Snakes in the City**
 - 4.00 to 5.00 AM **Madagascar**

+1 hour **266 246**

Sky History 2

- 163 163 840 272**
- 8.00 AM **Museum Men**
 - 9.00 **Brad Meltzer's Lost History**
 - 10.00 **Hitler's War**
 - 11.00 **Combat Ships**
 - 12.00 NOON **Ancient Aliens**
 - 3.00 PM **Museum Men**
 - 4.00 **Hunting Nazi Treasure**
 - 5.00 **Combat Ships**
 - 6.00 **Deep Sea Detectives**
 - 7.00 **Brad Meltzer's Lost History** The team hunt for the missing White House cornerstone.
 - 8.00 **Strangest Things**
 - 9.00 **WW2 Mystery: Foo Fighters**
 - 10.00 **History's Greatest Aircraft** The Boeing B29 Superfortress.
 - 11.00 **Ancient Aliens**
 - 1.00 AM **Deep Sea Detectives**
 - 2.00 **WW2 Mystery...**
 - 3.00 **Greatest Aircraft**
 - 4.00 **Strangest Things**
 - 5.00 to 6.00 AM **Brad Meltzer's Lost History**

+1 hour **87**

PBS America

- 174 273 84 155**
- 8.00 AM **Heliopolis: The City of the Sun**
 - 9.15 **The Last Day of World War One**
 - 10.30 **Shooting the War**
 - 11.50 **Clinton** Documentary.
 - 1.00 PM **Beautiful Serengeti**
 - 1.30 **Mutant Weather**
 - 2.35 **Heliopolis: The City of the Sun**
 - 3.50 **The Last Day of World War One**
 - 4.55 **Shooting the War**
 - 6.15 **Mutant Weather**
 - 7.20 **Heliopolis: The City of the Sun**
 - 8.30 **The Last Day of World War One**
 - 9.40 **Shooting the War**
 - 11.00 **Mutant Weather**
 - 12.10 AM **Heliopolis...**
 - 1.20 **The Last Day of World War One**
 - 2.25 **Shooting the War**
 - 3.30 to 4.00 AM **Beautiful Serengeti**

+1 hour **256 222**

CI

- 156 156 837 209**
- 6.00 AM **Homicide Hunter**
 - 8.00 **The First 48**
 - 10.00 **On the Case with Paula Zahn**
 - 11.00 **Killer in Plain Sight**
 - 12.00 NOON **Homicide Hunter**
 - 1.00 PM **Meet, Marry, Murder**
 - 2.00 **Homicide: Hours to Kill**
 - 3.00 **Unusual Suspects**
 - 4.00 **Crimes That Shook Britain**
 - 5.00 **Nightmare in Suburbia**
 - 6.00 **The First 48**
 - 7.00 **Homicide: Hours to Kill**
 - 8.00 **Criminal Confessions** *New edition* A felon's DNA links him to a crime.
 - 9.00 **Secrets of Playboy** *New editions*
 - 11.00 **Court Cam**
 - 12.00 M'T **Snapped**
 - 1.00 AM **Secrets of Playboy**
 - 3.00 **Unusual Suspects**
 - 4.00 **On the Case with...**
 - 5.00 to 6.00 AM **Criminal Confessions**

+1 hour **256 222**

WEDNESDAY Films

Wednesday

8 PM

9 PM

10 PM

11 PM

primetime

Sky Cinema Premiere

301 301 848 401 501 515

- 7.30 AM **North Hollywood** (2021)
- 9.15 **Pil's Adventures** As 3.35am.
- 10.55 **People Just Do Nothing: Big in Japan** As 8.05pm.
- 12.45 PM **Blacklight** As 6.20pm.
- 2.30 **Our Ladies** Comedy drama. (2019, 15, 106min) ★★★★★
- 4.30 **North Hollywood** Comedy drama with Ryder McLaughlin. (2021, 15, 93min) ★★★
- 6.20 **Blacklight** Action thriller with Liam Neeson and Aidan Quinn. (2022, 15, 104min) ★



6.20 **Blacklight**

Sky Cinema Hits

303 303 857 403 503 517

- 6.00 AM **Long Story Short** (2021)
- 7.45 **The Croods** As 2.40pm.
- 9.30 **Bill & Ted Face the Music**
- 11.10 **Focus** Comedy crime drama. (2015, 15, 105min) ★★★★★
- 1.00 PM **Long Story Short** (2021)
- 2.40 **The Croods** Animation. (2013, U, 98min) ★★★★★
- 4.25 **Bill & Ted Face the Music** Comedy. (2020, PG) ★★★
- 6.00 **Zack Snyder's Justice League** Superhero adventure. (2017, 15, 242min) ★★★★★



6.00 **Zack Snyder's Justice League**

Sky Cinema Family

306 306 850 406 506 520

- 6.10 AM **Come Away** As 12.25am.
- 7.50 **Charlotte's Web** As 10.35pm.
- 9.30 **Arthur and the Great Adventure** (2010, PG) ★★★★★
- 11.15 **Shrek the Musical** Stage show.
- 1.25 PM **Mirror Mirror** Fantasy. (2012, PG, 101 min) ★★★★★
- 3.15 **The Witches** Fantasy. remake (2020, PG, 106min) ★★★★★
- 5.00 **Ender's Game** Adventure. (2013, 12, 111 min) ★★★★★
- 6.55 **Save the Cinema** Drama. (2021, 12, 109min) ★★★★★



8.45 **The Tiger Rising**

Sky Cinema Action

307 307 851 407 507 521

- 6.00 AM **Godzilla** Thriller remake. (1998, PG, 139min) ★★★★★
- 8.20 **Mortal Kombat** As 11.40pm.
- 10.15 **The Transporter** Thriller. (2002, 15, 88min) ★★★★★
- 12.00 NOON **Transporter 2** Thriller sequel. (2005, 15) ★★★★★
- 1.30 PM **Monster Hunter** Fantasy. (2020, 12, 103min) ★★★★★
- 3.15 **Hulk** As shown at 3.40am.
- 5.40 **The Suicide Squad** Adventure starring Idris Elba. (2021, 15, 132min) ★★★★★



10.00 **Darkman**

Sky Cinema Comedy

308 308 408 508 522

- 7.10 AM **The Addams Family**
- 9.00 **Robot & Frank** As 4.40am.
- 10.45 **The Other Guys** As 6.10pm.
- 12.40 PM **Friends with Benefits**
- 2.40 **The Addams Family** Comedy. (1991, PG, 95min) ★★★★★
- 4.25 **The Hangover Part III** Comedy sequel with Bradley Cooper. (2013, 15, 100min) ★★★★★
- 6.10 **The Other Guys** Farical crime comedy starring Will Ferrell and Mark Wahlberg. (2010, 12, 107min) ★★★★★



10.00 **Sex Tape**

8.05 **People Just Do Nothing: Big in Japan** Comedy based on the BBC series, starring Allan Mustafa, Steve Stamp and Asim Chaudhry. The boys from Kurupt FM head to Japan in search of fame and fortune. (2021, 15, 97min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

Zack Snyder's Justice League (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.45 **The Tiger Rising** Family drama starring Dennis Quaid. When a 12-year-old discovers a caged tiger in the woods near his home, his imagination runs wild and his life begins to change. (2022, PG, 102min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **Limitless** Action thriller starring Bradley Cooper. A struggling writer boosts his brain power after taking a new pill, but the drug has nasty side effects and murderous thugs are after it too. With Robert De Niro. (2011, 15, 104min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **Friends with Benefits** Romantic comedy starring Justin Timberlake and Mila Kunis. Two commitment-shy New Yorkers decide to have a sexual relationship with no strings attached. With Patricia Clarkson. (2011, 15, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Don't Breathe 2** Horror sequel starring Stephen Lang and Madelyn Grace. (2021, 15, 98min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Long Story Short** Romantic fantasy comedy starring Rafe Spall. (2021, 15, 90min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **Charlotte's Web** Screen version of EB White's book, starring Dakota Fanning and featuring the voices of Julia Roberts and Steve Buscemi. (2006, U, 97min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Darkman** Fantasy thriller starring Liam Neeson and Frances McDormand. (1990, 18, 95min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Sex Tape** Comedy with Cameron Diaz, Jason Segel and Rob Lowe. (2014, 15, 92min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Malignant** Horror starring Annabelle Wallis. A woman is paralysed by shocking visions of grisly murders. With Maddie Hasson and George Young. (2021, 18, 111min) ★★★★★

1.55 AM **The Ooglies** Animation. (2021, PG, 85min) ★★★★★

3.35 **Pil's Adventures** Animation. (2021, U, 89min) ★★★★★

5.20 to 7.20 AM **Our Ladies**

11.45 **Creation Stories** Biopic of Creation Records co-founder Alan McGee, starring Ewen Bremner and Kirsty Mitchell. (2021, 15, 105min) ★★★★★

1.45 AM **Golden Arm** Comedy starring Mary Holland. (2020, 15, 90min) ★★★★★

3.25 **We Broke Up** Comedy drama with William Jackson Harper. (2021, 15, 80min) ★★★★★

5.00 to 6.00 AM **Sky Cinema Preview**

12.25 AM **Come Away** Fantasy. (2020, PG, 94min) ★★★★★

2.15 **FairyTale: A True Story** Fantasy. (1997, U) ★★★★★

4.05 to 6.00 AM **My Friend the Dolphin** Family adventure. (2019, U, 99min) ★★★★★

11.40 **Mortal Kombat** Fantasy action adventure starring Lewis Tan, Jessica McNamee, Josh Lawson and Joe Taslim. (2021, 15, 110min) ★★★★★

1.40 AM **The Paper Tigers** Action comedy starring Alain Uy, Ron Yuan, Mykel Shannon Jenkins and Roger Yuan. (2020, 12, 108min) ★★★★★

3.40 to 6.00 AM **Hulk** Sci-fi fantasy starring Eric Bana. (2003, 12, 138min) ★★★★★

11.40 **The Hangover Part III** (2013)

1.25 AM **The Very Excellent Mr Dundee** Comedy starring Paul Hogan and John Cleese. (2020, 12, 88min) ★★★★★

3.00 **Snatchers** Comedy horror with Mary Nepi and Gabrielle Elyse. (2019, 15, 96min) ★★★★★

4.40 to 6.15 AM **Robot & Frank** Offbeat comedy starring Frank Langella and featuring the voice of Peter Sarsgaard. (2012, 12, 85min) ★★★★★

+1 hour 312

Sky Cinema Greats

304 304 849 404 504 518

- 6.00 AM **Speed 2: Cruise Control**
- 8.15 **Locke** As shown at 6.30pm.
- 9.55 **Mandela: Long Walk to Freedom** Biopic starring Idris Elba. (2013, 12, 147min) ★★★★★
- 12.25 PM **The Matrix Reloaded**
- 2.45 **Ben-Hur** Multi-Oscar-winning epic starring Charlton Heston. (1959, PG, 212min) ★★★★★
- 6.30 **Locke** Thriller with Tom Hardy. (2013, 15, 83min) ★★★★★
- 8.00 **The Matrix Reloaded** Sci-fi thriller sequel starring Keanu Reeves, Laurence Fishburne and Carrie-Anne Moss. With only 36 hours to go before a machine army overwhelms the underground city of Zion, hope rests on the messiah-like Neo to save humanity from the Matrix. (2003, 15, 137min) ★★★★★
- 10.20 **Another 48 Hrs** Action comedy thriller sequel starring Nick Nolte and Eddie Murphy. (1990, 18, 95min) ★★★★★
- 12.00 **MT Extremely Wicked, Shockingly Evil and Vile** Biopic. (2019, 15, 108min) ★★★★★
- 2.00 AM **The Ides of March** Thriller. (2011, 15, 100min) ★★★★★
- 3.50 to 6.00 AM **Speed 2: Cruise Control** Action thriller sequel. (1997, PG, 125min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

- 6.00 AM **The House of Magic**
- 7.30 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★★
- 9.05 **Shrek** As shown at 6.35pm.
- 10.40 **Birds of a Feather** Animated comedy. (2019, U, 90min) ★★★★★
- 12.15 PM **Spirit: Stallion of the Cimarron** (2002, U) ★★★★★
- 1.45 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
- 3.30 **Fantastic Mr Fox** Animated tale. (2009, PG, 87min) ★★★★★
- 5.00 **Planet 51** Animated adventure. (2009, U, 86min) ★★★★★
- 6.35 **Shrek** Animated comedy with the voice of Mike Myers. (2001, U, 90min) ★★★★★
- 8.10 **Bubbleheads: The Movie** Animation with the voice of Cher. (2020, PG, 82min) ★★★★★
- 9.50 **Mary and the Witch's Flower** Animated adventure featuring the voice of Kate Winslet. (2017, U, 99min) ★★★★★
- 11.50 **The House of Magic** Animation. (2013, U, 85min) ★★★★★
- 1.30 AM **Henchmen** Animation. (2018, PG, 89min) ★★★★★
- 3.00 **The Wacky Hen** (2019, U) ★★★★★
- 4.25 to 6.25 AM **Weathering With You** Animated fantasy. (2019, 12, 112min) ★★★★★

TCM Movies

315 415 416

- 6.00 AM **Hollywood's Best Directors**
- 7.10 **Off Set** With Jamie Cullum.
- 7.35 **Curse of the Undead** Horror. (1959, b/w, 12, 79min) ★★★★★
- 9.20 **Raid on Rommel** Adventure. (1971, 15, 94min) ★★★★★
- 11.25 **Firecreek** (1968, 12) ★★★★★
- 1.30 PM **The Lonely Man** Western. (1957, b/w, PG, 87min) ★★★★★
- 3.20 **The Moonlighter** Western. (1953, b/w, PG, 75min) ★★★★★
- 5.00 **Code Name: Emerald** World War Two spy thriller starring Ed Harris. (1985, PG, 93min) ★★★★★
- 7.00 **Alias Jesse James** Comedy Western starring Bob Hope. (1959, U, 92min) ★★★★★
- 9.00 **Who Dares Wins** Action thriller starring Lewis Collins as an SAS agent who infiltrates a terrorist group planning to take over the US Embassy in London. With Judy Davis. (1982, 18, 124min) ★★★★★
- 11.35 **Gunfight at High Noon** Western. (1964, U, 97min) ★★★★★
- 1.40 AM **Calamity Jane** Musical Western starring Doris Day. (1953, U, 100min) ★★★★★
- 3.30 **Close Up** Triple bill.
- 5.00 to 6.00 AM **Hollywood's Best Directors**

+1 hour 316 417

Talking Pictures

328 445 82 306

- 6.00 AM **Spare a Copper** Comedy. (1941, b/w, U, 75min) ★★★★★
- 7.35 **There Was a Young Lady** Comedy. (1952, b/w, U) ★★★★★
- 9.15 **Look at Life**
- 9.30 **Enemy at the Door** 3/13. (S2)
- 10.30 **Clash by Night** Crime thriller. (1963, PG, 76min) ★★★★★
- 12.00 NOON **Nobody Runs Forever** Thriller. (1968, PG, 101min) ★★★★★
- 2.00 PM **Secret Army** 10/13. (S2)
- 3.05 **Hell Drivers** Action drama. (1957, b/w, PG, 104min) ★★★★★
- 5.15 **Scales of Justice** 6/13. (S1)
- 6.00 **For the Love of Ada** 3/7. (S4)
- 6.30 **Look at Life**
- 6.50 **Edgar Wallace Mystery Theatre**
- 8.00 **Rumpole of the Bailey** (S5)
- 9.05 **Brannigan** Crime thriller starring John Wayne as a hardened Chicago cop who pursues a fleeing gangster to London. With Judy Geeson and Richard Attenborough. (1975, 15, 111min) ★★★★★
- 11.20 **Blood Relatives** Director Claude Chabrol's psychological thriller. (1977, 18, 100min) ★★★★★
- 1.15 AM **Hell's Half Acre** Crime drama. (1954, b/w, PG) ★★★★★
- 3.05 **A New Kind of Love** Comedy. (1963, PG, 110min) ★★★★★
- 5.15 to 6.00 AM **Scales of Justice**

Horror

317 149 69 138

- 8.00 AM **First Wave** 18/22. (S1)
- 9.00 **Battlestar Galactica** (S1)
- 10.00 **The Prisoner** 10/17. (S1)
- 11.00 **Descent** Sci-fi disaster movie. (2005, PG, 90min) ★★★★★
- 1.00 PM **Alien Convergence** Thriller. (2017, 15, 90min) ★★★★★
- 3.00 **The 4400** 1/6. (S1)
- 4.00 **Bermuda Tentacles** Monster thriller. (2014, 12, 86min) ★★★★★
- 6.00 **The Prisoner** 15/17. (S1)
- 7.00 **Battlestar Galactica Murder on the Rising Star**: 18/24. Starbuck's rival is found dead. (S1)
- 8.00 **Star Trek Spectre of the Gun**: 6/24. Kirk is sentenced to death on a hostile planet. (S3)
- 9.00 **The Midnight Man** Horror thriller starring Robert Englund, Gabrielle Haugh and Lin Shaye. A teenager and her friend are thrown into a living nightmare when a game they discover in an attic releases a terrifying creature. (2016, 15, 95min) ★★★★★
- 10.50 **The Resident** Horror thriller. (2011, 15, 91min) ★★★★★
- 12.40 AM **Rollerball** Sci-fi sports drama. (2001, 15, 100min) ★★★★★
- 2.35 to 4.30 AM **The Super** Horror thriller. (2017, 15, 90min) ★★★★★

+1 hour 318 202 139

Sky Cinema Thriller

- 309 309 409 509 523**
- 6.40 AM The Wolf Hour** Drama. (2019, 15, 99min) ★★
 - 8.25 The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★
 - 10.35 Echo Boomers** As 4.30am.
 - 12.15 PM Patriot Games** Action thriller. (1992, 15, 116min) ★★
 - 2.20 Grand Isle** Action thriller. (2019, 15, 97min) ★★
 - 4.10 The Kid Detective** Comedy drama. (2020, 15) ★★★★★
 - 6.00 Mission: Impossible** Thriller. (1996, PG, 110min) ★★



6.00 Mission: Impossible

8.00 Mission: Impossible II Thriller sequel starring Tom Cruise and Dougray Scott. Special agent Ethan Hunt teams up with a cat burglar in order to track down a villain who has a deadly virus at his disposal. (2000, 15, 124min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Prisoners Thriller starring Hugh Jackman and Jake Gyllenhaal. A desperate father decides to take the law into his own hands after two six-year-old girls go missing. (2013, 15, 150min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM Taxi Driver Martin Scorsese's disturbing drama starring Robert De Niro. (1976, 18, 110min) ★★★★★

2.45 No Man of God Crime drama. (2021, 15, 100min) ★★★★★

4.30 to 6.15 AM Echo Boomers Fact-based crime drama. (2020, 15, 94min) ★★★★★

GREAT! movies classic

- 319 424 52 303**
- 6.00 AM Surrender – Hell!** Adventure. (1959, b/w, 12) ★★
 - 7.45 The Locket** Psychological drama. (1946, b/w, PG, 85min) ★★
 - 9.30 The Las Vegas Story** Thriller. (1952, b/w, PG, 88min) ★★
 - 11.15 Cone of Silence** Mystery. (1960, PG, 92min) ★★
 - 1.10 PM Crash: The Mystery of Flight 1501** Legal drama. (1990, PG, 90min) ★★
 - 3.05 The Running Man** Thriller. (1963, PG, 101min) ★★
 - 5.15 The Detective** Comedy thriller. (1954, b/w, U, 90min) ★★
 - 7.05 The Swimmer** Drama starring Burt Lancaster. A man decides to swim home across Connecticut via the pools of all his friends. (1967, PG, 94min) ★★★★★
 - 9.00 Gambit** Suspense caper starring Michael Caine. (1966, U, 109min) ★★
 - 11.15 Cat Ballou** Spoof Western. (1965, PG, 96min) ★★
 - 1.15 AM I Am Sartana, Your Angel of Death** (1969, 15) ★★
 - 3.15 Strongroom** Crime thriller. (1961, b/w, PG, 80min) ★★
 - 4.35 to 6.00 AM Candlelight in Algeria** (1943, b/w, PG) ★★

+1 hour 320 303 63 304

Sky Cinema Drama

- 310 310 410 510 524**
- 6.40 AM The Man Inside** Crime drama. (2012, 15, 95min) ★★
 - 8.20 Miss Marx** As 1.50am.
 - 10.10 Indecent Proposal** (1993)
 - 12.10 PM Before I Go to Sleep** Thriller. (2014, 15) ★★
 - 1.45 Embattled** Sports drama. (2020, 15, 117min) ★★
 - 3.45 The Founder** Drama. (2016, 12, 115min) ★★★★★
 - 5.45 Enemy at the Gates** World War Two military drama. (2001, 15, 131min) ★★★★★



8.00 The Dry

8.00 The Dry Drama starring Eric Bana. A federal agent returns to his drought-stricken home town to attend the funeral of a childhood friend, but his arrival opens up a decades-old wound. With Genevieve O'Reilly. (2020, 15, 117min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Desperate Hour Thriller starring Naomi Watts and Colton Gobbo. (2021, 12, 84min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 Behind the Candelabra Biopic starring Michael Douglas as flamboyant pianist Liberace. With Matt Damon. (2013, 15, 116min) ★★★★★

1.50 AM Miss Marx Biopic of Eleanor Marx, starring Romola Garai. (2020, 15, 107min) ★★

3.50 to 6.00 AM Indecent Proposal Romantic drama starring Robert Redford, Demi Moore and Woody Harrelson. (1993, 15, 117min) ★★

GREAT! movies

- 321 425 34 302**
- 9.00 AM The Deadly Room: Garage Sale Mystery III** (2015, 12) ★★
 - 11.00 The Site of Murder: An Emma Fielding Mystery** Crime drama. (2017, PG, 90min) ★★
 - 1.00 PM The Wrong Nanny** Thriller. (2017, PG, 90min) ★★
 - 2.50 Hunt for Truth** Suspense thriller. (2016, PG, 94min) ★★
 - 4.40 The Caine Mutiny** Naval drama. (1954, U, 119min) ★★★★★
 - 7.15 Daddy Day Camp** Family comedy sequel starring Cuba Gooding Jr and Paul Rae. (2007, PG, 88min) ★★
 - 9.00 Basic** Military thriller starring John Travolta, Connie Nielsen and Samuel L Jackson. An ex-army ranger turned government agent investigates the mysterious disappearance of a US army drill sergeant and some of his men during an exercise in the Panamanian jungle. (2002, 15, 98min) ★★
 - 11.05 Hitman: Redemption** Thriller. (2019, 15, 104min) ★★
 - 1.10 AM Alpha Dog** Crime drama. (2006, 15, 117min) ★★
 - 3.40 to 6.00 AM Night Train to Lisbon** Drama. (2013, 12) ★★

+1 hour 322 61

Sky Cinema Sci-Fi/Horror

- 311 311 858 411 511 525**
- 6.00 AM Synchronic** As 1.50am.
 - 7.45 Elysium** Sci-fi action thriller. (2013, 15, 107min) ★★★★★
 - 9.40 The Host** (2013, 12) ★★
 - 11.50 Terminator 3: Rise of the Machines** Sci-fi thriller sequel. (2003, 12, 109min) ★★
 - 1.40 PM Knowing** As 11.45pm.
 - 3.45 2001: A Space Odyssey** Stanley Kubrick's sci-fi epic. (1968, U, 136min) ★★★★★
 - 6.15 Gattaca** Sci-fi drama. (1997, 15, 106min) ★★★★★



10.00 Urban Legend

8.05 The Unholy Horror starring Jeffrey Dean Morgan, Cricket Brown and William Sadler. A deaf girl is visited by the Virgin Mary and can suddenly hear, speak and heal the sick, but terrifying events soon unfold. (2021, 15, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Urban Legend Horror thriller starring Alicia Witt and Jared Leto. (1998, 18, 99min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 Knowing Sci-fi mystery thriller starring Nicolas Cage and Rose Byrne. An astrophysicist discovers a list of numbers that seem to predict future disasters. (2009, 15, 116min) ★★★★★

1.50 AM Synchronic Sci-fi thriller with Anthony Mackie, Jamie Dornan and Katie Aselton. (2020, 15, 102min) ★★★★★

3.35 to 6.05 AM 2001: A Space Odyssey As 3.45pm.

GREAT! movies action

- 323 426 42 305**
- 6.00 AM Two Rode Together** Western. (1961, PG) ★★
 - 8.10 Super Eruption** Disaster movie. (2011, 15, 89min) ★★
 - 10.00 Seattle Superstorm** Disaster movie. (2012, PG, 95min) ★★
 - 11.50 Killer Caliber .32** Western. (1967, PG, 94min) ★★
 - 1.45 PM The Pathfinder** Western. (1953, U, 78min) ★★
 - 3.25 The Dambusters Raid**
 - 4.30 King Rat** War drama starring George Segal and James Fox. (1965, b/w, PG, 134min) ★★★★★
 - 7.15 Global Meltdown** Disaster thriller starring MJ Almasi and Leanne Khol Young. (2017, PG, 105min) ★
 - 9.00 Precious Cargo** Thriller starring Claire Forlani, Bruce Willis and Mark-Paul Gosselaar. A thief on the run from a crime boss persuades her former lover to steal a cargo of rare precious gems. (2016, 15, 87min) ★★
 - 10.50 Reprisal** Thriller starring Frank Grillo. (2018, 15, 89min) ★★
 - 12.40 AM Extortion** Suspense thriller. (2016, 15, 108min) ★★
 - 2.50 to 4.00 AM The Traitors** Spy drama. (1962, b/w, PG) ★★

+1 hour 324

Sky Cinema Oscars

- 302 302 856 402 502 516**
- 6.00 AM The Ten Commandments**
 - 9.40 An Officer and a Gentleman** Romance. (1981, 15) ★★★★★
 - 11.45 Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★★
 - 2.00 PM The Young Victoria** Historical romantic drama. (2008, PG, 100min) ★★★★★
 - 4.00 Hell or High Water** Drama. (2016, 15, 102min) ★★★★★
 - 5.50 Batman** Fantasy adventure. (1989, 15, 121min) ★★★★★



5.50 Batman

8.00 The Dark Knight Dark comic-book action thriller starring Christian Bale, Heath Ledger and Aaron Eckhart. Masked vigilante Batman encounters a dangerous new adversary when fiendish criminal mastermind The Joker unleashes a wave of violent anarchy. (2008, 12, 152min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Promising Young Woman Crime thriller starring Carey Mulligan and Bo Burnham. (2020, 15, 113min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM The United States vs. Billie Holiday Biographical drama starring Andra Day. (2021, 15, 130min) ★★

2.35 to 6.15 AM The Ten Commandments Cecil B DeMille's epic biblical drama starring Charlton Heston. (1956, U, 219min) ★★★★★

Movies 24

- 325 419**
- 7.00 AM Finding Love in Mountain View** As shown at 7pm.
 - 9.00 The 27-Hour Day** As 9pm.
 - 11.00 A Feeling of Home** As 11pm.
 - 1.00 PM Love Takes Flight** As 1am.
 - 3.00 Chronicle Mysteries Recovered:** Drama starring Alison Sweeney.
 - 5.00 Sweet Autumn** Romantic drama starring Nikki DeLoach, Andrew Walker and Daina Leitold. (2020, PG, 84min) ★★
 - 7.00 Finding Love in Mountain View** Romantic drama starring Danielle C Ryan and Myko Olivier. An architect is torn between focusing on her career and honouring her cousin's wish. (2020, PG, 90min) ★★
 - 9.00 The 27-Hour Day** Romance starring Autumn Reeser and Andrew W Walker. A workaholic lifestyle blogger attends a technology-free retreat and falls for the son of the owner. (2021, PG, 84min) ★★
 - 11.00 A Feeling of Home** Romantic drama. (2019, PG, 90min) ★★
 - 1.00 AM Love Takes Flight** Drama. (2019, PG, 87min) ★★
 - 3.00 to 5.00 AM Chronicle Mysteries** As shown at 3pm.

+1 hour 326 420

Film4

- 313 313 855 428 429 14 300**
- Films start at 11.00am**
 - 11.00 AM The File on Thelma Jordan** Film noir thriller. (1949, b/w, PG, 100min) ★★
 - 1.05 PM Mary, Queen of Scots** Historical drama. (1971, 12, 128min) ★★
 - 3.45 Dead Reckoning** Thriller. (1947, b/w, U, 97min) ★★★★★
 - 5.50 Transformers: Dark of the Moon** Sci-fi action adventure sequel starring Shia LaBeouf. (2011, 12, 154min) ★★



5.50 Transformers: Dark of...

Transformers: Dark of the Moon (film started at 5.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Independence Day: Resurgence Sci-fi adventure starring Jeff Goldblum and Liam Hemsworth. Two decades after the world was saved from an alien attack, a second even deadlier invasion begins. (2016, 12, 117min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 Brassed Off Comedy drama about the brass band of a South Yorkshire colliery that has been threatened with closure. Stars Ewan McGregor and Pete Postlethwaite. (1996, 15, 105min) ★★★★★

1.30 to 3.20 AM Wild Nights with Emily Comedy drama starring Molly Shannon. (2018, PG, 84min) ★★

+1 hour 314 430 47 301

FILMS ON OTHER CHANNELS

- 6pm TLL LATE**
- Death on the Nile** Disney+ Crime drama starring Tom Bateman, Annette Bening and Kenneth Branagh. ★★★★★
 - 10.00 PM Drive Angry 5** Action Supernatural action thriller starring Nicolas Cage and Amber Heard. A gunslinging avenger escapes from hell to rescue his infant granddaughter from a bloodthirsty satanic cult. With William Fichtner. ★★
 - 10.30 Van Helsing** ITV4 Fantasy adventure starring Hugh Jackman and Kate Beckinsale. The Vatican sends vampire hunter Van Helsing to battle with Count Dracula. ★★
 - 11.00 Tomb Raider** Channel 5 Action adventure starring Alicia Vikander. A kickboxing heiress risks her life to save her missing father when she discovers a clue to his location. ★★
 - 12.10 AM Alien: Covenant 4** Seven Sci-fi thriller starring Katherine Waterston and Michael Fassbender. A crew of colonists sent to populate an alien planet have their mission diverted by a mysterious signal. ★★

Sky Sports Main Event
401 401 859 511 501 420 440

6.00 AM **LIVE ICC Women's World Cup** The closing stages of the opening semi-final at Basin Reserve in New Zealand.

6.30 Sky Sports News

7.00 Good Morning Sports Fans

7.30 Early Kick-Off The latest news.

8.00 Good Morning Sports Fans

10.00 The Football Show Taking a look at all the major stories making the football headlines.

11.00 **LIVE Ladies European Tour Golf** Coverage of the opening round of the South African Women's Open from Steenberg Golf Club in Cape Town.

2.50 PM **LIVE Indian Premier League Royal Challengers Bangalore v Chennai Super Kings.** The T20 match from DY Patil Stadium, Navi Mumbai.

7.00 Sky Sports News

12.00 M'T Total Access Inside access to all 32 teams.

1.00 AM Sky Sports News

1.30 to 6.00 AM **LIVE ICC Women's World Cup** Coverage of the second semi-final from Hagley Oval in Christchurch, New Zealand.

Sky Sports Premier League
402 402 860 512 502 421 441

6.00 AM PL Greatest Games

7.00 PL Legends: Gary Neville

7.30 PL Legends: Robbie Fowler

8.00 Best PL Goals: Newcastle

8.30 Best PL Goals: Tottenham v Chelsea Memorable goals.

9.00 PL 100 Club: England's Finest

9.30 Premier League 100 Club

10.00 The Football Show

12.00 NOON Gary Neville's Soccerbox Double bill.

1.00 PM Premier League Years

3.00 PL Greatest Games

4.00 PL Best Goals 01/02

5.00 Premier League 100 Club

6.00 PL Legends Double bill.

7.00 Premier League World

7.30 Premier League 100 Club

8.00 Gary Neville's Soccerbox

9.00 Premier League World

9.30 Premier League 100 Club

10.00 Premier League Icons

10.30 PL Retro Leeds Utd v Liverpool.

12.30 AM Premier League Icons

1.00 Premier League Years

3.00 PL Greatest Games

4.00 PL Best Goals 05/06

5.00 Best PL Goals: Merseyside Derby

5.30 to 6.00 AM Premier League 100 Club

Sky Sports Football
403 403 861 513 503 422 442

6.00 AM Football's Greatest Players

6.30 Football Countdowns

7.00 Football Years

7.30 EFL Greatest Games

8.15 SPFL Greatest Games

9.00 Scottish Goals Of The Season

9.30 EFL Rivalries Double bill.

10.30 SPFL Greatest Games

11.00 C'ship Season Review 16/17

12.00 NOON Play Off Finals 16/17

3.00 PM EFL Cup Final 17

4.00 SPFL Highlights

4.30 SPFL Rangers v Celtic.

5.00 EFL Greatest Games

5.45 SPFL Greatest Games

6.00 World Cup Qualifiers Review

6.30 Soccer AM: The Best Bits

7.00 Old Firm Derby Best Goals

7.30 International Football

8.00 Best Goals of the Carabao Cup 2020/21

8.30 Best Goals: EFL Cup 2021-22

9.00 World Cup Qualifiers Review

9.30 International Football

10.00 Scottish Goals Of The Season

10.30 EFL Goals: Leagues 1 & 2

11.00 EFL Greatest Games

12.00 M'T EFL Play Off Finals 15/16

3.00 AM EFL Cup Retro 11

5.00 to 6.00 AM EFL Play Off Final C'Ship 08/09

Sky Sports World Cup
404 404 862 514 504 423 443

6.00 AM **LIVE ICC Women's World Cup** The closing stages of the opening semi-final at Basin Reserve in New Zealand.

6.30 Women's World T20 Classics

7.00 One-Day International Cricket

8.00 IPL Cricket highlights.

9.00 One-Day International Cricket

10.00 IPL Cricket highlights.

11.00 One-Day International Cricket

12.00 NOON ICC Women's World Cup

1.30 PM Women's Cricket on Sky

1.50 IPL Cricket highlights.

2.50 **LIVE Indian Premier League Royal Challengers Bangalore v Chennai Super Kings.** From DY Patil Stadium, Navi Mumbai.

7.00 ICC Women's World Cup

8.00 Best of Women's World T20

8.15 The ICC Women's World Cup

9.00 IPL Cricket highlights.

10.00 ICC Women's World Cup

11.00 IPL Cricket highlights.

12.00 M'T Best of the ICC Women's World Cup

12.15 AM My Icon

12.30 ICC Women's World Cup

1.30 to 6.00 AM **LIVE ICC Women's World Cup** The second semi-final at Hagley Oval in Christchurch, New Zealand.

Sky Sports Golf
405 405 863 515 505 424 444

6.00 AM PGA Tour Golf

7.00 LPGA Tour Golf

10.00 The Players Championship Official Film From 2017.

11.00 **LIVE Ladies European Tour Golf** Coverage of the opening round of the South African Women's Open staged at Steenberg Golf Club, Cape Town.

3.00 PM PGA Champs Official Film 2014

4.00 US Open Official Films

5.00 The Open - Official Films

6.00 World Golf Championships

7.00 PGA Tour: The Cut

7.30 European Challenge Tour Golf

8.00 Loopers: The Caddies Long Walk Bill Murray narrates.

9.30 European Challenge Tour Golf Action from the SDC Open.

10.00 PGA Tour: The Cut

10.30 Golf's Greatest Holes

11.00 World Golf Championships

12.00 M'T PGA Tour: The Cut

12.30 AM European Challenge Tour Golf Action from the SDC Open.

1.00 PGA Tour Golf

3.00 PGA Tour: The Cut

3.30 European Challenge Tour Golf

4.00 World Golf Championships

5.00 to 6.00 AM Golf Academy

BT Sport 1
413 413 870 527 408 430

6.00 AM One Day International Cricket Action from New Zealand v Netherlands.

7.00 WWE Monday Night Raw

9.30 A-League Highlights

10.30 ESPN FC Football news.

11.00 Test Cricket Highlights Action from West Indies v England.

12.00 NOON National Futsal Series Double bill of action from the FA National Futsal Series.

4.00 PM ESPN FC Football news.

4.30 What I Wore: Jermain Defoe

4.45 Gallagher Premiership Rugby Highlights The latest action.

6.15 Rugby Tonight

7.00 DIY Pundit

7.30 **LIVE Premiership Rugby Cup** The latest action from the Premiership Rugby Cup.

10.00 DIY Pundit

10.30 The Aussie Rules Show

11.30 Shoulder to Shoulder

1.00 AM Test Cricket Highlights

3.00 The Cricket's On

4.00 Badminton Unlimited

4.30 BT Sport Reload

5.00 UEFA Champions League Magazine News and action.

5.30 to 6.00 AM Manchester City Classics

BT Sport 2
414 414 871 528 409 431

6.00 AM The Football Archives: 1978/79 A nostalgic look back.

6.30 The Football Archives: 1981/82 Classic action.

7.00 WSL Presents

8.00 On The Bank: Angling Outlaws

8.30 Fishing: On the Bank

9.00 The Cricket's On

10.00 Gearing Up

10.30 FIM X-Trial World Championship Highlights

11.30 Watch Us Rise

12.00 NOON Watch Us Rise

12.15 PM What Went Down

1.30 Gearing Up

2.00 A-League Highlights

3.00 The Cricket's On

4.00 One Day International Cricket

5.00 WWE SmackDown Highlights

6.00 WWE Raw Highlights

7.00 Test Cricket Highlights Action from West Indies v England.

9.00 WWE NXT

10.45 WWE NXT UK

11.45 WWE Raw Highlights

12.45 AM The Aussie Rules Show

1.45 BT Sport Reload

2.00 Premiership Rugby Cup

3.30 Gearing Up

4.00 to 6.00 AM What Went Down: David Hays

BT Sport 3
417 417 874 529 410 432

6.00 AM AFL Double bill.

10.00 Freeride World Tour

11.00 Inside Sailing

11.30 Gallagher Premiership Rugby Highlights The latest action.

1.00 PM Rugby Tonight

1.45 What I Wore Kyle Walker.

2.00 Badminton Badminton action from the finals of the YONEX Swiss Open, the latest stop on the HSBC BWF World Tour.

4.00 On The Bank: Angling Outlaws

4.30 Fishing: On the Bank Taking a look at how carp feed.

5.00 Inside Sailing The latest news, action and updates.

5.30 Badminton Unlimited

6.00 BT Sport Reload

6.30 Premier League World

7.00 A-League Highlights

8.00 The Aussie Rules Show Ollie Geale presents the latest news.

9.00 The Cricket's On Latest action.

10.00 UFC Action from Curtis Blaydes v Chris Daukaus.

1.00 AM UFC Unleashed

2.00 Freeride World Tour Snowboarding action from Fieberbrunn, Austria.

3.00 to 6.00 AM Isuzu UTE A-League Triple bill.

Sky Sports Action
407 407 865 517 507 426 446

6.00 AM NFL: America's Game

7.00 Top Rank Boxing Archive

10.00 NFL Highlights

12.00 NOON Good Morning Football

3.00 PM Top Rank Boxing Archive Action from Marvin Hagler v Thomas Hearns from 1985.

3.30 Top Rank Boxing Archive Action from Thomas Hearns v Iran Barkley I in 1988.

3.45 Top Rank Boxing Archive Action from Iran Barkley v Roberto Duran in 1989.

5.00 NBC's Pro-Football Talk Mike Florio and Chris Simms present.

7.00 Premier League Darts A replay of the seventh night of the 2022 tournament at Rotterdam Ahoy.

10.30 NFL: America's Game A look back at the Kansas City Chiefs side of 2020, who overcame San Francisco 49ers in Super Bowl LIV at Hard Rock Stadium in Miami, Florida.

11.30 NFL Bitesize Highlights Kansas City Chiefs v Buffalo Bills.

11.45 NFL Bitesize Highlights Kansas City Chiefs v Cincinnati Bengals.

12.00 M'T Total Access

1.00 AM NFL: A Football Life

2.00 to 6.00 AM NFL Highlights

Sky Sports Mix
416 416 873 520 510 429 449

6.00 AM Fighting Fit 2020

7.00 Fit In 5

7.30 My Icon Double bill.

8.00 Netball Superleague A re-run of Loughborough Lightning v Manchester Thunder.

10.00 NBA Basketball Phoenix Suns v Philadelphia 76ers.

12.00 NOON NBA Classic Games: Spurs @ Heat 2013

1.00 PM Rugby League Retro

3.00 Fighting Fit 2020

4.10 Fit In 5

4.30 My Icon Double bill.

5.00 Betfred Super League Highlights Recent action.

7.00 Premier League Darts The seventh night of the 2022 tournament at Rotterdam Ahoy.

10.30 Premier League World

11.00 Premier League 100 Club The best of Thierry Henry's 175 top-flight goals for Arsenal.

11.30 Premier League 100 Club Alan Shearer's 260 goals in the Premier League.

12.00 M'T Netball Superleague

2.00 AM NBA Basketball

4.00 Muggsy: Always Believe

5.30 to 6.00 AM My Icon

BT Sport/ESPN
423 423 876 530 411 434

6.00 AM ESPN FC Football news.

6.30 ESPN SportsCenter

6.45 Around the Horn

7.15 Pardon the Interruption

7.45 ESPN SportsCenter

8.00 ESPN FC Football news.

8.30 NCAA Basketball Tournament

12.30 PM ESPN FC Football news.

1.00 Pardon the Interruption

1.30 NCAA Championship College Women's gymnastics action from the Big 12 Championships.

3.30 NCAA Championship Action from the College Women's Ice Hockey Championship Game.

5.30 ESPN SportsCenter

5.45 Around the Horn

6.15 Pardon the Interruption

6.45 ESPN SportsCenter

7.00 College Basketball

10.30 BT Sport Reload

11.00 Around the Horn

11.30 Pardon the Interruption

12.00 M'T to 6.00 AM NCAA Championship

Eurosport 1
410 410 868 521 412 435

6.00 AM Cycling: Gent-Wevelgem

7.00 Motocross World C'ship

8.00 FIA World Endurance C'ship

9.00 Figure Skating World C'ships

10.00 Cycling: Tour of Flanders

11.00 Snooker: Turkish Masters

1.00 PM Cycling: Gent-Wevelgem

1.15 The Cycling Show

1.45 **LIVE Cycling: Across Flanders** From Belgium.

3.45 Cycling: Gent-Wevelgem

4.00 Bennetts British Superbikes

5.00 World Touring Car Cup

6.00 Figure Skating World Championships

8.00 Cycling: Across Flanders

9.00 Cycling: E3 Saxo Bank Classic

10.00 Olympic Games: Hall of Fame

11.00 Rally Raid: Extreme E

12.05 AM Cycling: Across Flanders

1.00 Cycling: Kuurne-Brussels-Kuurne The race in Belgium.

2.00 Figure Skating World C'ships

4.00 Olympic Games: Hall of Fame

5.00 to 6.00 AM Cycling

Eurosport 2
411 411 869 522 413 436

6.00 AM World Superbikes

7.00 Snooker: Welsh Open

9.00 Cycling: Strade Bianche

10.00 Olympic Games: Hall of Fame - Beijing 2022

11.00 Motorsport: Extreme E

12.00 NOON World Superbikes

3.00 PM Formula E

4.00 Ski Jumping

5.00 Cycling: Milan-San Remo

6.00 Cycling: Kuurne-Brussels-Kuurne Action from the one-day race in Belgium.

7.00 Discovery Golf

7.30 The Cycling Show

8.00 World Superbikes

11.00 Cycling: Across Flanders

12.00 M'T Figure Skating World Championships

1.00 AM Olympic Games: Hall of Fame - Beijing 2022 Ski Jumping

2.00 Snooker: European Masters

4.00 Motorsport: ETCR

5.00 to 6.00 AM World Superbikes

Sky Sports Arena
408 408 866 518 508 427 447

6.00 AM Betfred Super League Highlights Recent action.

7.00 Netball Superleague

9.00 NBA Basketball

11.00 Betfred Super League Highlights Recent action.

12.00 NOON Top Rank Boxing Archive Triple bill.

3.00 PM Netball Superleague

5.00 Betfred Super League Highlights Recent action.

7.00 NBA Basketball

9.00 Top Rank Boxing Archive Thomas Hearns v Iran Barkley I.

9.15 Top Rank Boxing Archive George Foreman v Gerry Cooney from 1990.

9.45 Top Rank Boxing Archive Erik Morales v Marco Barrera.

11.00 NBA Basketball

1.00 AM Betfred Super League Highlights Recent action.

2.00 Netball Superleague

4.00 to 6.00 AM Rugby League Retro

Sky Sports F1
406 406 864 516 506 425 445

6.00 AM Formula One: Best of 2021

11.00 Formula 1 The Saudi Arabian GP.

12.00 NOON Formula 2 Championship Highlights of the Saudi Arabian GP feature race.

1.20 PM Brazil 2008 Verstappen

1.30 Duel: Hamilton v Verstappen

3.30 Formula 1 The Saudi Arabian GP.

5.15 Golf With Carlos & Lando

5.25 F1 Rivalries

5.30 Formula 1 The Saudi Arabian GP.

7.45 Golf With Carlos & Lando

7.55 F1 Rivalries

8.00 Formula 1 The Saudi Arabian Grand Prix: Highlights of the second round of the season.

9.00 The Inside Line

9.30 The Weekend Debrief

10.00 Any Driven Monday

11.00 Formula 1 The Saudi Arabian GP.

12.00 M'T The Inside Line

12.30 AM The Weekend Debrief

1.00 Any Driven Monday

2.00 to 6.00 AM Formula One: Best of 2021

Thursday

31 March

Evening Planner

Thursday

Cookery



NEW

Gordon Ramsay's Future Food Stars
BBC1, 9pm
 Culinary entrepreneurs compete for a £150,000 investment from the chef

Documentary



NEW

How to Sleep Well with Michael Mosley
BBC2, 9pm
 The presenter returns with new research on getting the best night's sleep possible

Travelogue



LAST ONE

Extraordinary Escapes with Sandi Toksvig
C4, 9pm
 The host and Jenny Eclair explore Wales, the Wye Valley and the Malvern Hills

Documentary



NEW

Scouting for Toys
Yesterday, 9pm
 This series following life at a Teesside toy auctioneers starts with a TV and film sale – where *Star Wars* is the main attraction

	7.00 PM	7.30 PM	8.00 PM	8.30 PM	9.00 PM	9.30 PM	10.00 PM	10.30 PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den	9.00 Gordon Ramsay's Future Food Stars	10.00 News; Local News	10.35 Question...	
	102 BBC2	7.00 Doctors	7.30 Rick Stein's...	8.00 Great British Menu: The Finals	9.00 How to Sleep Well with Michael Mosley	10.00 Mock the...	10.30 Newsnight	
	103 ITV	6.30 News	7.30 Emmerdale	8.30 Crime Squad... †	9.00 Joanna Lumley's Great Cities of the...	10.00 News; Local News		
	104 CHANNEL 4	7.00 News		8.00 Perfect House, Secret Location	9.00 Extraordinary Escapes with Sandi...	10.00 First Dates		
	105 CHANNEL 5	7.00 A Country Life for Half the Price with...		8.00 Cornwall: A Year by the Sea	9.00 National Treasure, National Disgrace: Savile, Harris & Hall			
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 An Idiot Abroad	9.00 Resident Alien	10.00 Film: The Dark Knight Rises		
ENTERTAINMENT	117 BBC3	7.00 MasterChef Australia	7.55 Film: Ready Player One			10.00 Love in the Flesh		
	116 BBC4	7.00 Steam Days	7.30 Villages by the...	8.00 Michael Wood's Story of England	9.00 Film: La La Land			
	118 ITV2	7.00 Superstore		8.00 Bob's Burgers	9.00 Family Guy	10.00 Celebrity Juice		
	136 MORE4	6.55 Escape to the Chateau: DIY	7.55 Devon and Cornwall		9.00 The Dog House	10.00 24 Hours in A&E		
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia		9.00 Naked Attraction			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods	9.00 The Rookie	10.00 Criminal Minds		
	108 SKY ATLANTIC	6.50 The Sopranos	7.55 Game of Thrones		9.00 My Brilliant Friend			
	110 GOLD	7.00 The Green Green Grass	7.40 Dad's Army		9.00 Billy Connolly Does...	10.00 The Good Life	10.40 Not...	
	111 DAVE	7.00 Richard Osman's...	7.40 Room 101	8.20 Would I Lie to You?	9.00 QI XL	10.00 Meet the Richardsons	10.40 Mock...	
	119 ITV3	7.00 Heartbeat		8.00 Vera		10.05 Law & Order: UK		
	120 ITV4		7.15 Snooker: Tour Championship – Live: The evening session on day four at Venue Cymru in Llandudno					
	112 COMEDY CENTRAL	7.00 Friends			9.00 Film: American Reunion			
	152 SYFY	7.00 Quantum Leap		8.00 Fringe	9.00 Grimm	10.00 Film: Megalodon Rising		
	113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad	9.00 Resident Alien	10.00 The Flight Attendant		
132 ALIBI	7.00 Rizzoli & Isles		8.00 Hudson & Rex	9.00 Murdoch Mysteries	10.00 Annika			
130 SKY ARTS	7.00 Anyone Can Sing		8.00 The Directors	9.00 Film: Another Shore		10.35 The Movies		
DOCUMENTARY	125 DISCOVERY	7.00 Outback Truckers	8.00 Bad Chad Customs	9.00 Building Off the Grid	10.00 Naked and Afraid			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?	8.00 Saved By the Barn	9.00 Scaled	10.00 I Was Prey			
	129 NAT GEO	7.00 Car S.O.S.		9.00 Alaska: The Next Generation	10.00 Primal Survivor			
	123 SKY HISTORY	7.00 Forged in Fire	8.00 Secrets of the Viking Stone	9.00 Forged in Fire	10.00 Counting Cars			
	155 YESTERDAY	7.00 Great British Railway Journeys	8.00 Bangers and Cash	9.00 Scouting for Toys	10.00 Bangers and Cash			
	121 SKY DOCS	7.00 The Nineties	8.00 Escobar by Escobar	9.00 Film: The Armstrong Lie				
FILMS - Sky Cinema	301 PREMIERE	6.15 The Ooglies	8.00 Blacklight	9.45 North Hollywood				
	303 HITS	6.00 Speed	8.00 Voyagers		10.00 Jungleland			
	304 GREATS	5.55 Dragon – The Bruce Lee Story	8.00 The Matrix Revolutions		10.15 St Elmo's Fire			
	305 ANIMATION	6.20 Happy Feet Two	8.05 Shrek 2	9.40 Ballerina				
	306 FAMILY	7.10 Tooth Fairy		9.00 Garfield	10.25 Four Kids and It			
	307 ACTION	6.00 Charlie's Angels	7.40 Charlie's Angels: Full Throttle	9.30 San Andreas				
	308 COMEDY	6.00 Locked Down	8.00 Knocked Up		10.10 The Longest Yard			
	309 THRILLER	7.20 Collide		9.00 Goodfellas				
	310 DRAMA	5.50 The Theory of Everything	8.00 Book of Love		10.00 Old Henry			
	311 SCI-FI	7.00 I, Robot		9.00 Blade				
	302 OSCARS	6.05 True Grit	8.00 Raiders of the Lost Ark		10.00 Training Day			
313 FILM4	5.45 The Hobbit: An Unexpected Journey		9.00 Tolkien					
315 TCM MOVIES	6.00 Return to...	7.30 Kansas Pacific	9.00 Ocean's Thirteen					
SPORT	401 MAIN EVENT	7.00 Sky Sports News	7.30 Betfred Super League – Live: Wigan Warriors v Hull FC (Kick-off 8.00)	10.15 PGA Tour Golf – Live				
	402 PREMIER LEAGUE	7.00 PL Matchpack	7.30 PL World	8.00 Gary Neville's Soccerbox	9.00 PL Matchpack	9.30 PL World	10.00 Inside the WSL	10.30 PL Retro
	403 FOOTBALL	7.00 EFL Goals...	7.30 World Cup...	8.00 Soccer AM...	8.30 Bundesliga...	9.00 EFL Rivalries		10.30 Bundesliga...
	404 WORLD CUP	7.00 ICC Women's World Cup	8.00 Test Cricket	9.00 IPL	10.00 One-Day International Cricket			
	413 BT SPORT 1	6.30 WWE Monday Night Raw		9.00 WWE NXT Highlights	10.00 UFC Fight...	10.30 PL Match Pack		
	414 BT SPORT 2	6.00 AFL	8.00 WSL Championship Tour	9.00 Premiership Rugby Cup	10.30 Rugby Walks			

† Denotes programmes starting before 7.00pm † Regions vary



BBC1

101 101/115 801 101 101 101 101/106

- 6.00 AM **Breakfast** (S)
- 9.15 **Morning Live** **New edition** (S)
- 10.00 **Animal Park Easter Special** (S)(R)
- 10.45 **Defenders UK** (S)(R)
- 11.15 **Homes Under the Hammer** **New edition** Properties in south Wales, Glasgow and Kent. (S)
- 12.15 PM **Bargain Hunt** (S)(R)(AD)
- 1.00 **BBC News** (S)
- 1.30 **Local News** (S)
- 1.45 **Doctors** (S)(AD)
- 2.15 **Shakespeare & Hathaway: Private Investigators** (S)(R)(AD)
- 3.00 **Escape to the Country** (S)(R)(AD)
- 3.45 **The Repair Shop** **New edition** The experts restore items including a beloved sailor doll. (S)
- 4.30 **Bridge of Lies** **New edition** (S)
- 5.15 **Pointless** **New edition** Quiz. (S)
- 6.00 **BBC News** (S)
- 6.30 **Local News** (S)

BBC2

102 102/115 802 102 102 2 102 102/102/106

- 6.30 AM **Escape to the Country** (S)(R)
- 7.15 **The Repair Shop** (S)(R)
- 8.00 **Sign Zone: Your Garden Made Perfect** From Wokingham. (S)(R)
- 9.00 **BBC News** (S)
- 12.15 PM **Politics Live** (S)
- 1.00 **Ready Steady Cook** (S)(R)
- 1.45 **Eggheads** Quiz show. (S)(R)
- 2.15 **Street Auction** (S)(R)
- 3.00 **The Heights** (S1) (S)(R)(AD)
- 3.30 **The Customer Is Always Right** Testing a beauty kit. (S)(R)(AD)
- 4.15 **The Monkey Eating Eagle of the Orinoco: Natural World** Following a harpy eagle. (S)(R)
- 5.15 **Flog It!** From Norwich. (S)(R)
- 6.00 **Richard Osman's House of Games** **New edition** With Richie Anderson, Jo Caulfield, Babatunde Aleshe and Carol Smillie. (S)
- 6.30 **Lightning** **New edition** Quiz. (S)

ITV

103 103/176 803 103 103/113 3 103 103/111

- 6.00 AM **Good Morning Britain** (S)
- 9.00 **Lorraine** (S)
- 10.00 **This Morning** (S)
- 12.30 PM **Loose Women** (S)
- 1.30 **ITV News** (S)
- 1.55 **Local News** (S)
- 2.00 **Dickinson's Real Deal** The team visit Nottingham's Albert Hall, where items include tourist treasures, a gold haul from around the world and an interesting item with the look of a Russian classic. (S)(R)
- 3.00 **Lingo** Word-based quiz show presented by Adil Ray. (S)(R)
- 4.00 **Tipping Point** **New edition** Game show hosted by Ben Shephard. (S)
- 5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
- 6.00 **Local News** (S)
- 6.30 **ITV News** (S)

CHANNEL 4

104/108 104/138 104 104/141 4 104 104

- 6.05 AM **Countdown** (S)(R)
- 6.45 **Cheers** 16&17/22. (S2) (S)(R)
- 7.40 **Everybody Loves Raymond** (S)(R)
- 9.05 **Frasier** 18-20/24. (S6) (S)(R)(AD)
- 10.35 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
- 11.30 **News** (S)
- 11.35 **Undercover Boss USA** (S)(R)
- 12.30 PM **Steph's Packed Lunch** **New edition** Magazine. (S)
- 2.10 **Countdown** **New edition** (S)
- 3.00 **A Place in the Sun** (S)(R)
- 4.00 **A New Life in the Sun** (S)(R)
- 5.00 **Four in a Bed** **New edition** (S)
- 5.30 **Fame in the Family** **New edition** Martin Offiah plays host. (S)
- 6.00 **The Simpsons** (S)(R)(AD)
- 6.30 **Hollyoaks** Juliet takes the search for James into her own hands, and tension continues to build between Zara and Cindy. (S)(AD)

Thursday



8.00 **Dragons' Den**



6.00 **Richard Osman's House of...**



9.00 **Joanna Lumley's Great Cities...**



8.00 **Perfect House, Secret Location**

7 PM

- 7.00 **The One Show** Alex Jones presents the topical magazine show. (S)
- 7.30 **EastEnders** Stuart and Rainie are surprised by the return of Vi, who is very keen to see the baby. (S)(AD)

- 7.00 **Doctors** An elderly father suffering from dementia wanders off from his daughter and carer. (S)(R)(AD)
- 7.30 **Rick Stein's Cornwall** The chef sees the county's china clay pits. (S)(R)(AD)

- 7.30 **Emmerdale** Moira is determined to avenge her brother, Samson crushes an embarrassed Cathy, and Mandy reflects on her would-be wedding a year ago. (S)(AD)

- 7.00 **News** (S)

8 PM

- 8.00 **Dragons' Den** **New edition** 13/14. A pair of sisters are hoping the investors will be attracted to their maternity-wear business, while the purveyors of a new type of cocktail hope their product will be to the Dragons' taste. (S)(AD)

- 8.00 **Great British Menu: The Finals** **New edition** The eight regional champions craft their desserts in a bid to secure the last place on the menu. Newcaster Huw Edwards is a guest judge. (S) ■ Concludes tomorrow

- 8.30 **Crime Squad: Hunting the Burglars – Tonight** **New edition** Cameras follow the work of burglary squad officers with Kent Police. (S)

- 8.00 **Perfect House, Secret Location** **New edition** 3/4. Steve Jones helps Essex couple Keith and Tracey, along with their daughter Polly, fulfil their ambition of finding a 'forever house' with a unique character. (S)(AD)

9 PM

- 9.00 **NEW SERIES Gordon Ramsay's Future Food Stars** 1/8. Culinary competition in which the chef sets out to find the next 'food star' – someone who is running an exciting and innovative food or drink business in need of investment. (S)(AD)

- 9.00 **NEW How to Sleep Well with Michael Mosley** As more people than ever struggle with their sleep, Michael Mosley uses the latest science to explore how this impacts our health and what can be done to improve our sleep. (S)

- 9.00 **Joanna Lumley's Great Cities of the World** **Series finale** 3/3. Joanna visits Berlin, where her trip includes the Festival of Lights, meeting an all-female motorcycle club, and witnessing a replica of a western town. (S)(AD)

- 9.00 **Extraordinary Escapes with Sandi Toksvig** **Series finale** 6/6. The host and Jenny Eclair escape to Wales and the Malvern Hills, where they visit a flatpack house and a converted fruit store. (S)(AD) ■ Entire series on All4

10 PM

- 10.00 **BBC News** (S)
- 10.25 **Local News** (S)
- 10.35 **Question Time** Fiona Bruce chairs the topical debate, inviting politicians and other guests to answer questions from the audience. (S)

- 10.00 **Mock the Week** With guest panellists Maisie Adam, Rhys James, Angela Barnes, Eshaan Akbar and Alasdair Beckett-King. (S)(R)
- 10.30 **Newsnight** (S)

- 10.00 **ITV News** (S)
- 10.30 **Local News** (S)
- 10.45 **Paul Sinha's TV Showdown** Guests Carol Vorderman, Judi Love, Joe Swash and Shane Richie join team captains Fay Ripley and Rob Beckett. (S)(R)

- 10.00 **First Dates** **New edition** A look back at more memorable meet-ups from the series, including an encounter between flower seller Calum and construction project manager Lucy. (S)(AD)

- 11.35 **Newsnight** Adam Fleming, Laura Kuenssberg and Chris Mason discuss the week's biggest stories at Westminster and beyond. (S)
- 12.05 AM **Celebrity Mastermind** Clive Myrie invites Anne Diamond, Shivi Ramoutar, Eilidh McIntyre and Chris McCausland to take to the black chair in the specialist and general knowledge quiz. (S)(R)
- 12.35 **Weather for the Week Ahead** Seven-day forecast. (S)
- 12.40 to 6.00 AM **BBC News** (S)

- 11.10 **Weather** (S)
- 11.15 **The Speedshop** 2/6. Titch Cormack and his team tackle a Moroccan desert expedition. (S)(R)(AD)
- 12.15 AM **Sign Zone: Your Body Uncovered with Kate Garraway** Kate meets a singer struggling with a thyroid nodule. (S)(R)(AD)
- 1.15 **Sign Zone: Interior Design Masters with Alan Carr** (S)(R)(AD)
- 2.15 **Sign Zone: Marcus Wareing's Tales from a Kitchen Garden** (R)
- 2.45 to 6.15 AM **Previews** (S)

- 11.25 **All Elite Wrestling: Rampage** Hard-hitting wrestling action. (S)
- 12.15 AM **Shop: Ideal World**
- 3.00 **Crime Squad: Hunting the Burglars – Tonight** (S)(R)
- 3.25 **Wonders of Scotland with David Hayman** The actor embarks on a journey into Speyside and the Cairngorms. (S)(SL)(R)(AD)
- 3.50 **Unwind with ITV**
- 5.05 to 6.00 AM **Tipping Point** Arcade-themed quiz. (S)(SL)(R)

- 11.05 **Naked Attraction** (S)(R)(AD)
- 12.05 AM **Ramsay's 24 Hours to Hell and Back** A family owned restaurant in Mississippi. (S)(R)(AD)
- 12.55 **Come Dine with Me** (S)(SL)(R)
- 1.50 **FILM Thoroughbreds** Comedy crime drama starring Olivia Cooke, Anya Taylor-Joy and Anton Yelchin. (S) (2017, 15, 95min) ★★ ★
- 3.25 **Guy's Garage** (S)(SL)(R)(AD)
- 4.20 **Location, Location, Location** (R)
- 5.15 to 6.05 AM **Moneybags** (S)(SL)(R)

+1 hour 203 114 35 112

+1 hour 204/208 142 15 121

CHANNEL 5

105 105 805 154 105 5 105 105 105

- 5.40 AM **Milkshake!**
- 9.15 **Jeremy Vine** (S)
- 12.15 PM **George Clarke's Build a New Life in the Country** Advice for a couple relocating to the Suffolk countryside. (S)(R)
- 1.10 **News** (S)
- 1.15 **Home and Away** (S)
- 1.45 **Neighbours** (S)
- 2.15 **FILM PREMIERE The Drowning** Thriller starring René Ashton. (S) (2021, PG, 105min) ★★
- 4.00 **Filthy House SOS** Cleaning some of Britain's dirtiest and most cluttered homes. (S)(R)
- 5.00 **News** (S)
- 6.00 **Neighbours** When Paul wines and dines Montana Marcel, Leo and Terese worry about his motives. (S)(R)(AD)
- 6.30 **Eggheads** **New edition** Quiz. (S)



8.00 **Cornwall: A Year by the Sea**

- 7.00 **A Country Life for Half the Price with Kate Humble** **New edition** Kate meets two Ipswich teachers planning to relocate to County Tyrone in rural Northern Ireland. (S)
- 7.55 **News** (S)

- 8.00 **Cornwall: A Year by the Sea** **New edition** 2/4. Cameras focus on professional surfer Sam, and the tourists wanting surfing lessons. Plus, a look at the work of pasty makers Ann and Fergus. (S)

- 9.00 **NEW National Treasure, National Disgrace: Savile, Harris & Hall** Documentary telling the stories of those who were abused by some of Britain's light entertainment stars of the 1970s and 1980s. (S)

- 11.05 **HMP Wakefield: Evil Behind Bars** Secrets of life inside one of the UK's toughest jails. (S)(R)
- 12.15 AM **Criminals: Caught on Camera** A robber who squirted petrol over a shop worker. (S)(R)
- 1.10 **21.co.uk Live Casino Show** (S)
- 3.10 **Dogs Behaving (Very) Badly** (R)
- 4.00 **Cruising with Jane McDonald**
- 4.45 **Wildlife SOS** (S)(SL)(R)
- 5.10 to 5.35 AM **House Doctor** (R)

+1 hour 205 155 46 128

SKY SHOWCASE

106 106 806 110 109 340 355

- 6.00 AM **The Early Rundown**
- 7.00 **Kay Burley**
- 8.00 **Battle of the Alphas** (S)(R)(AD)
- 9.00 **Nothing to Declare** (S)(R)
- 10.00 **The Flash** 7/18. (S7) (S)(R)
- 11.00 **NCIS: New Orleans** (S6) (S)(R)
- 1.00 PM **Hawaii Five-0** (S3) (S)(R)
- 2.00 **S.W.A.T.** 12/23. (S2) (S)(R)(AD)
- 3.00 **Modern Family** (S5) (S)(R)
- 4.00 **Will & Grace** (S5) (S)(R)(AD)
- 5.00 **The Simpsons Homer Goes to College:** Homer is sent back to college after making a blunder at the power station. (S)(R)
- 5.30 **The Fresh Prince of Bel Air** 5/25. Will feels homesick. (S)(R)
- 6.00 6/25. Will and Carlton are arrested. (S1) (S)(R)
- 6.30 **The Simpsons Bart Gets Famous:** Bart lands a job working for Krusty. (S)(R)



9.00 **Resident Alien**

- 7.00 **The Simpsons Homer and Apu:** Homer is rushed to hospital with food poisoning. (S)(R)
- 7.30 **Lisa v Malibu Stacy:** Lisa takes offence at a new toy doll that she believes is demeaning to women. (S)(R)

- 8.00 **An Idiot Abroad** 5/8. Karl Pilkington's journey continues in Egypt, where he tastes local delicacies including rabbit meat, and takes a boat ride down the Nile, before visiting the pyramids. (S)(R)(AD)

- 9.00 **Resident Alien** **New episode** *An Alien in New York:* 6/8. Harry and Asta journey to New York City looking for one of his people – but things soon go horribly wrong. Stars Alan Tudyk and Sara Tomko. (S2)

- 10.00 **FILM The Dark Knight Rises** Comic-book action drama sequel starring Christian Bale. Vigilante superhero Batman returns to Gotham City to battle an evil terrorist. Also stars Tom Hardy, Marion Cotillard and Anne Hathaway. (2012, 12, 164min) ★★★★★ SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 1.00 AM **The Force: North East** (R)
- 2.00 **Caught on Dashcam** (S)(R)(AD)
- 3.00 **Hawaii Five-0** 1/24. Chin Ho's impossible decision ends in tragedy. (S3) (S)(R)
- 4.00 **S.W.A.T.** 12/23. Jessica and Chris go undercover in Mexico. (S2) (S)(R)(AD)
- 5.00 to 6.00 AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 951, Virgin 862, Freesat 960
 11.15am **Bargain Hunt** (S) (R)(AD) 12.00noon-1.00pm **First Minister's Questions** (S) 3.00-3.45pm **Escape to the Country** (S)(R)(AD) 7.00-7.30pm **River City** (S)(R)

N. IRELAND

Sky 953, Virgin 863, Freesat 957
 10.35pm **The View** (S) 11.15 **Question Time** (S) 12.15am **Newscast** (S) 12.45 **The Ulster Rugby Show** (S) 1.15-6.00am **BBC News** (S)

WALES

Sky 952, Virgin 864, Freesat 964
 No variations

BBC2

N. IRELAND

Sky 972, Freesat 969
 10.00-10.30pm **The Ulster Rugby Show** (S) 11.15pm-12.15am **Murder in the Badlands** (S)(R)

WALES

Sky 971, Freesat 971
 No variations

ITV

As main ITV except:

WALES

8.30-9.00pm **Wales This Week: Riders On The Road** **New edition** (S) 10.45 **Face to Face** **New edition** (S) 11.10 **Crime Squad: Hunting the Burglars – Tonight** **New edition** (S) 11.40pm-12.15am **Paul Sinha's TV Showdown** (S)(R)

S4C

Sky 134, Virgin 166, Freesat 120
 6.00am **Cyw** 12.00noon **Newyddion S4C** a'r Tywydd 12.05pm **Bwyd Bach** Shumana a Catrin 12.30 **Heno** 1.00 **Sain Ffagan** 1.30 **Welsh Whisperer – Ni'n Teithio Nawr** (AD) 2.00 **Newyddion S4C** a'r Tywydd 2.05 **Prynhawn Da** **New edition** 3.00 **Newyddion S4C** a'r Tywydd 3.05 **Ty am Ddim** 4.00 **Awr Fawr** 5.00 **Stwnsh** 6.00 **Efaciwis** 6.30 **Rownd a Rownd** (AD) 6.57 **Newyddion S4C** 7.00 **Heno** **New edition** 7.30 **Newyddion S4C** a'r Tywydd 8.00 **Pobol y Cwm** **New episode** (AD) 8.25 **Rownd a Rownd** **New episode** (AD) 8.55 **Newyddion S4C** a'r Tywydd 9.00 **Pawb a'i Farn** **New edition** 10.00 **NEW SERIES** **Curadur** 11.00-11.35pm **Stwdio Gefn**

TV&Satellite week
Best for Sky and Virgin

BBC3

117/141/173 107/157 23/109 179/107

BBC3 programmes start at 7.00pm



- 7.00 PM **MasterChef Australia** **New edition** In this edition, the contestants are split into two teams at the vineyards of Jacob's Creek Winery, where they prepare a three course menu for 30 people.
- 7.50 **The Catch Up**
- 7.55 **FILM Ready Player One** Steven Spielberg's fantasy adventure starring Tye Sheridan and Olivia Cooke. Gamers explore a virtual world in the quest for a deceased tycoon's fortune. (2018, 12, 140min) ★★★★★
- 10.00 **Love in the Flesh** **New edition** 4/8. Relationships are tested to the max after the arrival of six new guests.

- 10.45 **MOTDx** Football discussion hosted by Jermaine Jenas.
- 11.15 **Mood** 5/6. Sasha goes on a girls' work trip abroad, but things take a turn. (S1)
- 12.00 M/T **Love in the Flesh**
- 12.45 AM **Hot Property**
- 1.15 **Freeze: Back on Thin Ice**
- 2.00 **Mood** As 11.15pm.
- 2.45 to 3.45 AM **The Drop**

MORE4

136 136 831 147 195 18 124

- 8.55 AM **Kirstie's Vintage Gems**
- 9.15 **A Place in the Sun**
- 11.05 **Find It, Fix It, Flog It**
- 1.05 PM **Heir Hunters**
- 2.05 **Four in a Bed**
- 4.50 **Find It, Fix It, Flog It** Henry Cole and Simon O'Brien head to Lowestoft.
- 5.55 **Car S.O.S** Tim and Fuzz attempt to restore a Porsche belonging to a former ambulance driver, which is in the worst condition of any car on the series due to being stored in a damp garage.
- 6.55 **Escape to the Chateau: DIY** Stephanie prepares to end the year in style by throwing a Christmas dinner to remember.
- 7.55 **Devon and Cornwall** Tom Bray gears up for a party celebrating 100 years of his family farm.
- 9.00 **The Dog House** Olympic cyclist Victoria Pendleton is looking for a dog she can co-parent with her mother.
- 10.00 **24 Hours in A&E** Doctors treat a 63-year-old man with throat cancer who has suffered a bleed, and a 10-month-old baby who stopped breathing at home.

- 11.05 **999: On the Front Line**
- 12.10 AM **8 Out of 10 Cats Does Countdown**
- 1.15 **24 Hours in A&E**
- 2.20 **The Dog House** to 3.50 AM
- 3.25 **Food Unwrapped**

+1 hour 236 196 86 125

BBC4

116 116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM **Steam Days** Miles Kington looks at three key locomotives.
- 7.30 **Villages by the Sea** The history of Walberswick, the former medieval port on the Suffolk coast.
- 8.00 **Michael Wood's Story of England** Kibworth's 17th-century dissenters and the Grand Union Canal.
- 9.00 **FILM La La Land** Musical starring Emma Stone and Ryan Gosling. An actress and a struggling jazz musician fall in love and attempt to realise their respective dreams in Los Angeles. With John Legend. (2016, 12, 128min) ★★★★★

- 11.00 **FILM Pride and Prejudice** Vintage drama. (1940, b/w, U, 118min) ★★★★★
- 12.55 AM **Skint: Heart of Glass**
- 1.10 **Skint: The Taking of Balgrayhill Street**
- 1.25 **Skint: Unicorn**
- 1.40 **Villages by the Sea** to 3.10 AM **Michael Wood's Story of England**

E4

135 135 830 106 145 13 122

- 6.00 AM **Hollyoaks**
- 7.00 **Ramsay's Kitchen Nightmares USA**
- 9.00 **Married at First Sight Australia**
- 10.30 **The Big Bang Theory**
- 11.00 **Young Sheldon**
- 12.00 NOON **Brooklyn Nine-Nine** 10&11/18. (S6)
- 1.00 PM **The Big Bang Theory**
- 3.00 **Young Sheldon**
- 4.00 **Brooklyn Nine-Nine**
- 5.00 **The Big Bang Theory** Four episodes. (S10&4)
- 7.00 **Hollyoaks** Scott gets roped into editing Jack's novel.
- 7.30 **Married at First Sight Australia** **New edition** After an memorable Retreat, the couples return to Sydney, and the altercation between two of the ladies is sure to be the topic of conversation.
- 9.00 **Naked Attraction** Featuring a mother-of-two from Hampshire and a 30-year-old from Essex.
- 10.00 With singletons from Newquay and Sheffield.

- 11.05 **Gogglebox**
- 12.10 AM **First Dates**
- 1.20 **Rick and Morty**
- 1.50 **Teenage Euthanasia** **Series finale** 7/7. (S1)
- 2.15 **Married at First Sight Australia** As 7.30pm.
- 3.35 **Gogglebox**
- 4.30 **Ramsay's Kitchen Nightmares USA**
- 5.20 to 6.00 AM **Mike & Molly**

+1 hour 235 146 39 123

Thursday

primetime

primetime

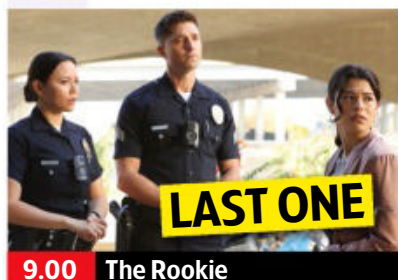
THURSDAY Entertainment

Thursday

Sky Witness

107 107 807 112 111 341 356

- 6.00 AM **Nothing to Declare**
- 8.00 **Border Patrol**
- 9.00 **Send in the Dogs**
- 10.00 **The Force: Manchester**
- 11.00 **Law & Order** 7/24. (S14)
- 12.00 NOON **Bull** 15/22. Jason is hired to help convict a drug dealer who murdered a police officer. (S2)
- 1.00 PM **Blue Bloods** (S10)
- 3.00 **Coroner** 4/8. Jenny looks into two grisly deaths. (S2)
- 4.00 **Paramedics Australia**
- 5.00 **Nothing to Declare**

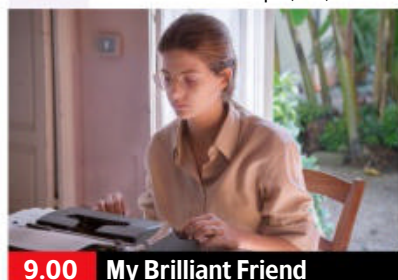


9.00 **The Rookie**

Sky Atlantic

108/109 108/109 808 342 357

- 6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
- 8.00 **CSI** 19/24. (S6)
- 9.00 **The Sopranos** 3&4/13. (S5)
- 11.10 **Game of Thrones** 3/7. (S7)
- 12.15 PM **Raised by Wolves** (S1)
- 2.25 **Hausen** 8/8. (S1)
- 3.30 **Ray Donovan** 4/12. Mickey kidnaps movie star Jay White.
- 4.35 5/12. Ray plans a day with Conor in New York. (S6)
- 5.40 **The Sopranos** 5/13. Tony fears he has skin cancer.
- 6.50 6/13. Carmela starts a new relationship. (S5)



9.00 **My Brilliant Friend**

Sky Max

113/114 113/114 122 121 345 360

- 6.00 AM **Stargate SG-1** (S5)
- 8.00 **Arrow** 18/22. (S7)
- 9.00 **DC's Legends of Tomorrow**
- 10.00 **The Flash** 7/18. (S7)
- 11.00 **NCIS: New Orleans** (S6)
- 1.00 PM **Hawaii Five-0** (S3)
- 2.00 **S.W.A.T.** 12/23. (S2)
- 3.00 **DC's Legends of Tomorrow**
- 4.00 **Arrow** 19/22. (S7)
- 5.00 **The Flash** 7/18. (S7)
- 6.00 **Stargate SG-1** 8/22. The team join forces with their Russian counterpart to search for missing soldiers. (S5)



9.00 **Resident Alien**

ITV2

118 118 816 115 176 6 113

- 6.00 AM **Dress to Impress**
- 7.00 **The Ellen DeGeneres Show**
- 8.00 **Love Bites**
- 9.00 **Secret Crush**
- 10.00 **Dress to Impress**
- 11.00 **Love Bites**
- 12.00 NOON **Supermarket Sweep**
- 1.00 PM **Catchphrase**
- 2.00 **Family Fortunes**
- 3.00 **The Ellen DeGeneres Show** **New edition** Talk show.
- 4.00 **Dress to Impress**
- 5.00 **You've Been Framed!**
- 6.00 **Celebrity Catchphrase**

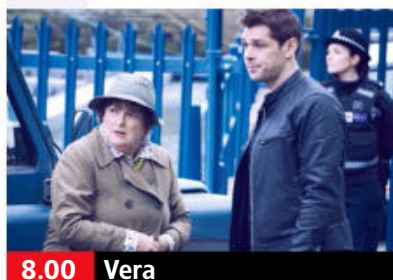


10.00 **Celebrity Juice**

ITV3

119 119 817 117 177 10 115

- 6.00 AM **Classic Coronation Street**
- 7.00 **Classic Emmerdale**
- 8.05 **That's My Boy**
- 9.40 **Upstairs, Downstairs**
- 11.55 **Heartbeat**
- 2.00 PM **Classic Emmerdale**
- 3.00 **Classic Coronation Street**
- 4.05 **Midsomer Murders** *Death in Disguise*: A man is found dead at a new age commune, bringing old secrets to light.
- 6.00 **Heartbeat** *Wild Thing*: Nick and Kate suspect there may be a beast on the moors.



8.00 **Vera**

7 PM

- 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 **Blue Bloods** *Naughty or Nice*: 2/19. Frank finds out the DA's office has a list of police officers they find unreliable. (S10)

9 PM

- 9.00 **The Rookie** **Series finale** *End Game*: 11/11. A criminal helps the team take down an even bigger threat. (S4)

10 PM

- 10.00 **Criminal Minds** *Breath Play*: 17/23. The BAU hunt for a killer who has developed an obsession with a novel. (S10)
- 11.00 **Law & Order: SVU** (S12)
- 12.00 M/T **Chicago Med** (S7)
- 1.00 AM **Chicago Fire** (S10)
- 2.00 **Chicago PD** (S9)
- 3.00 **Bull** 15/22. (S2)
- 4.00 **Road Wars**
- 5.00 to 6.00 AM **Brit Cops: Rapid Response**

+1 hour 207 206

- 7.55 **Game of Thrones** *The Spoils of War*: 4/7. Daenerys fights back, Jaime faces an unexpected situation, and Arya returns home. (S7)

- 9.00 **My Brilliant Friend** **New episode** *Terrore*: 5/8. Elena embraces the feminist cause and has a quarrel with Pietro.

- 10.05 **My Brilliant Friend** **New episode** *Diventare*: 6/8. Lila's son Gennaro fights with Elena's daughters. Subtitled. (S3)

- 11.10 **Winning Time: The Rise of the Lakers Dynasty** 3&4/10. Drama, starring John C Reilly and Jason Clarke. (S1)
- 1.20 AM **Banshee** 9&10/10. (S3)
- 3.30 **In Treatment** (S3)
- 4.00 to 6.00 AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

- 7.00 **Stargate SG-1** *Between Two Fires*: 9/22. The Tollans share their secrets with High Chancellor Travell. (S5)

- 8.00 **An Idiot Abroad** Karl Pilkington's journey continues in Egypt, where he tastes local delicacies including rabbit meat.

- 9.00 **Resident Alien** **New episode** *An Alien in New York*: 6/8. Harry visits New York looking for one of his people. (S2)

- 10.00 **The Flight Attendant** *Arrivals & Departures*: 8/8. Cassie comes face to face with Alex's killer, and Megan comes clean. (S1)

- 11.00 **The Flash** 1/18. An alien threat arrives on Earth. (S8)
- 12.00 M/T **Frayed** 6/6. The Coopers try to shift the evidence. (S2)
- 1.00 AM **Freddie Fries Again**
- 2.00 **The Blacklist** 22/22. (S8)
- 3.00 **Hawaii Five-0** 1/24. (S3)
- 4.00 **S.W.A.T.** 12/23. (S2)
- 5.00 to 6.00 AM **Highway Patrol**

- 7.00 **Superstore** 22/22. Mateo forms an alliance to keep his job. (S2)
- 7.30 1/22. Jonah and Amy try to move on. (S3)

- 8.00 **Bob's Burgers** 1/22. The Belchers go camping.
- 8.30 2/22. The kids' Halloween celebrations go awry. (S4)

- 9.00 **Family Guy** 20/23. Meg is kidnapped. (S10)
- 9.30 2/21. Peter discovers that he has a vestigial twin. (S12)

- 10.00 **Celebrity Juice** **New edition** With Vernon Kay, Fleur East, Rickie Haywood-Williams and Nick Grimshaw.

- 10.50 **Family Guy** 9&10/18. Double bill of episodes. (S13)
- 11.50 **American Dad!** (S13)
- 12.45 AM **Bob's Burgers** (S4)
- 1.40 **Superstore** (S3)
- 2.30 **Deep Heat** 1&2/6. Comedy starring Jahannah James. (S1)
- 3.25 to 3.30 AM **Unwind with ITV**

+1 hour 218 116 29 114

- 7.00 **Heartbeat** *Witch Hunt*: Nick is drawn into a family feud after three children claim to have seen a witch vandalising an urn.

- 8.00 **Vera** *Parent Not Expected*: The DCI must unravel a tangled web of deceit between two wildly different families when a young man's body is washed up on the shore of an estate in Northumberland.

- 10.05 **Law & Order: UK** *Crush*: 3/6. A man obsessed with a call girl is accused of her murder. Guest stars Greg Wise. (S5)

- 11.05 **Scott & Bailey** 8/8. Rachel becomes the prime suspect when Nick is assaulted. (S2)
- 12.05 AM **Midsomer Murders** *The Green Man*: The collapse of a tunnel exposes a collection of ancient skeletons.
- 2.05 to 2.30 AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106

REST OF UK 194 162 110

- 12.00 NOON **This Is BBC Scotland**
- 7.00 PM **Eat the Town** Friends head off on a food themed staycation.
- 7.30 **Grand Tours of Scotland's Lochs** Paul Murton explores the nation's lochs.
- 8.30 **Outdoor Life** A relaxing tour of the outdoors.
- 9.00 **The Nine**
- 10.00 **Raiders of the Lost Archive** **New edition** A unique re-imagining of the country's history and culture.
- 10.30 **Legit Manitoba**: 2/6. Fox attempts to make his ex-girlfriend jealous. (S1)
- 11.00 **Country 2 Country with Ricky Ross** Highlights from the Glasgow music festival.
- 11.55 PM to 12.00 M/T **Loop** **New edition** A look at why access to arts is important for those living with dementia.

Sky Comedy

114/115 135 123 346 361

- 8.00 AM **Parks and Recreation** (S7)
- 9.00 **Fresh Prince of Bel Air**
- 10.00 **Will & Grace** (S7&8)
- 11.30 **The Office (US)** (S9)
- 12.00 NOON **The Mindy Project** 3&4/22. (S2)
- 1.30 PM **Miracle Workers: Oregon Trail** (S3)
- 2.00 **A.P. Bio** 1&2/8. (S3)
- 3.00 **Modern Family** (S5)
- 4.00 **Will & Grace** (S5)
- 5.00 **The Office (US)** (S9)
- 5.30 **Fresh Prince of Bel Air**
- 6.30 **Will & Grace** (S8)
- 8.00 **Parks and Recreation**
- 9.00 **Sex and the City** (S2)
- 10.30 **The Tonight Show Starring Jimmy Fallon** **New edition** Chat show.
- 11.30 **Micky Flanagan: The Out Our Tour**
- 1.30 AM **Sex and the City**
- 2.35 **The Late Late Show with James Corden** **New edition** Talk show.
- 3.30 **A.P. Bio** 1/13. (S2)
- 4.00 to 5.00 AM **Everybody Hates Chris**

Sky Arts

130 130 165 140 11 147 364

- 6.00 AM **Highlights**
- 10.00 **Discovering**
- 11.00 **Music Icons: Soul R&B**
- 11.30 **Video Killed the Radio Star** Madness's videos.
- 12.00 NOON **National Treasures: The Art of Collecting**
- 1.00 PM **Tales of the...**
- 2.00 **Discovering**
- 3.00 **Girl with a Pearl Earring and Other Treasures of the Mauritshuis**
- 4.00 **Guy Garvey: From the Vaults**
- 5.00 **Tales of the Unexpected**
- 6.00 **Discovering**
- 7.00 **Anyone Can Sing**
- 8.00 **The Directors**
- 9.00 **FILM** *Another Shore* Comedy. (1948, U) ★★
- 10.35 **The Movies**
- 11.30 **Dr Jack & Mr Nicholson**
- 12.30 AM **The Importance of Being Miriam**
- 2.40 **Oscar Micheaux: The Superhero of Black Film-making**
- 4.15 to 6.00 AM **Highlights**

Pick

159 156 36 144

- 7.00 AM **Border Security: Canada's Front Line**
- 8.00 **Motorway Patrol**
- 9.00 **Police Force: Australia**
- 10.00 **Police Ten 7**
- 11.00 **Highway Cops**
- 12.00 NOON **Highway Patrol**
- 1.00 PM **Border Patrol**
- 2.00 **Border Security: Canada's Front Line**
- 3.00 **Nothing to Declare**
- 4.00 **Stargate SG-1** (S3)
- 5.00 **Star Trek: The Next Generation** 6/26. (S4)
- 6.00 **Stargate Atlantis** (S1)
- 7.00 **Hawaii Five-0** (S2)
- 8.00 **Killer in My Village**
- 9.00 **Delicious** 2/4. (S1)
- 10.00 **Grimm** 17/22. (S2)
- 11.00 **Killer Colleagues**
- 12.00 M/T **Britain's Most Evil Killers** Kenneth Regan and William Hornby.
- 1.00 AM **Force: North East**
- 2.00 **Nothing to Declare**
- 3.00 **Border Patrol**
- 4.00 **Motorway Patrol**
- 5.00 to 6.00 AM **Police Force: Australia**

Comedy Central

112/113 181 132 344 370

- 8.00 AM **Last Man Standing**
- 9.00 **My Wife and Kids** (S3)
- 11.00 **Younger** 7-10/12. (S7)
- 1.00 PM **Friends** (S1)
- 7.00 **Friends** 17/24. Part two of two. Rachel and Monica become rivals. With George Clooney.
- 7.30 18/24. Rachel and Monica lose to Chandler and Joey at poker.
- 8.00 19/24. Rachel loses Ross's monkey.
- 8.30 20/24. Chandler's date ignores him. (S1)
- 9.00 **FILM** *American Reunion* Comedy sequel starring Jason Biggs and Alyson Hannigan. (2012, 15, 108min) ★★
- 11.20 **The World's Most Shocking Ads with Shane Richie** Adverts on the themes of dads, holidays and dating.
- 12.50 AM **Ricky Gervais Show**
- 1.50 **South Park** (S12)
- 3.45 to 5.00 AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 179 28 119

- 7.00 AM **The Real Housewives of Cheshire**
- 8.00 **Buying and Selling**
- 9.00 **LittleBe**
- 12.00 NOON **Unboxed**
- 12.30 PM **The Real Housewives of Potomac**
- 1.25 **The Real Housewives of Cheshire** Reality series.
- 2.25 **The Only Way Is Essex**
- 3.10 **Little Women: LA**
- 4.05 **The Real Housewives of Beverly Hills**
- 5.00 **The Real Housewives of Orange County**
- 6.00 **Masters of Flip**
- 7.00 **Buying and Selling**
- 8.00 **Dinner Date**
- 9.00 **Botched: I Want My Life Back**
- 10.00 **Botched** A mother-of-two who has no choice but to use adhesive tape to hoist her breasts.
- 11.00 **Vanderpump Rules**
- 11.55 **The Only Way Is Essex**
- 12.40 to 1.00 AM **Unwind**

+1 hour 120 58

ITV4

- 120 120 818 118 178 26 117**
- 6.00 AM **The Champions**
 - 6.50 **The Avengers**
 - 8.00 **The Professionals**
 - 9.05 **Minder**
 - 10.10 **The Champions**
 - 11.15 **The Avengers**
 - 12.25 PM **Derby Through the Years**
 - 12.45 **LIVE Snooker: Tour Championship** The afternoon session on day four from Venue Cymru in Llandudno.
 - 4.00 **The Professionals**
 - 5.05 **Minder**
 - 6.10 **Extreme Salvage Squad**



10.30 Cliffhanger

- 7.05 **World of Sport** A look at The Indoor League.
- 7.15 **LIVE Snooker: Tour Championship** Jill Douglas presents coverage of the evening session on day four from Venue Cymru in Llandudno, featuring the conclusion of the fourth quarter-final. Commentary by David Hendon and Phil Yates.

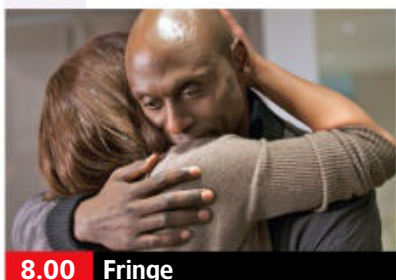
10.30 FILM Cliffhanger
Action adventure starring Sylvester Stallone. (1993, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.40 AM **The Professionals** *A Hiding to Nothing*: A civil servant inadvertently jeopardises a summit meeting.
- 1.40 **Minder** *Second Hand Pose*: Arthur excludes Terry from his latest business venture.
- 2.50 to 3.00 AM **Unwind with ITV**

+1 hour **220 175 60 118**

Syfy

- 152 152 836 139 138 347 362**
- 6.00 AM **Quantum Leap** (S2)
 - 7.00 **Star Trek: Enterprise** (S4)
 - 8.00 **Teleshopping**
 - 11.00 **Star Trek: Voyager** (S2)
 - 12.00 NOON **Stargate Atlantis** (S4)
 - 1.00 PM **The Librarians** 6/10. (S3)
 - 2.00 V 16/19. (S3)
 - 3.00 **Fringe** As 8.00pm.
 - 4.00 **Stargate Atlantis** 6/20. (S4)
 - 5.00 **Stargate SG-1** 20/22. (S3)
 - 6.00 **Star Trek: Enterprise** 17/22. Archer receives three slave girls as a gift from Orion privateer Harrad-Sar. (S4)



8.00 Fringe

- 7.00 **Quantum Leap** *Leaping in without a Net*: 19/22. Sam materialises in the body of a famous trapeze artist. (S2)
- 8.00 **Fringe** *The Consultant*: 18/22. Three men in different locations die simultaneously after being violently flung around. (S4)
- 9.00 **Grimm** *Cold Blooded*: 7/22. Hank and Nick encounter an urban legend, while Prince Viktor arrives in Europe. (S3)

10.00 FILM Megalodon Rising
Disaster drama sequel starring Wynter Eddins. (2021, 15, 83min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00 M'T **Stargate SG-1** 20/22. The team race against Apophis to find the Harsesis child. (S3)
- 1.00 AM **Stargate Atlantis** (S4)
- 2.00 **Star Trek: Enterprise** (S4)
- 3.00 **Star Trek: Voyager** (S2)
- 4.00 **Fringe** As 8.00pm.
- 5.00 to 6.00 AM V

+1 hour **229**

Alibi

- 132 132 827 126 212**
- 7.10 AM **Murdoch Mysteries**
 - 9.00 **Unforgettable** 1/13. (S3)
 - 10.00 **Major Crimes** 11/23. (S4)
 - 11.00 **Rizzoli & Isles** 3/18. (S5)
 - 12.00 NOON **Death in Paradise**
 - 1.00 PM **Father Brown**
 - 2.00 **Murdoch Mysteries** (S11 & 12)
 - 4.00 **Unforgettable** 2/13. (S3)
 - 5.00 **Major Crimes** 12/23. Sharon crosses paths with her ex-husband. (S4)
 - 6.00 **Death in Paradise** 3/8. A dead body is discovered at a cosmetic surgery clinic. (S2)



9.00 Murdoch Mysteries

- 7.00 **Rizzoli & Isles** *Too Good to Be True*: 3/18. The team chase down a serial killer using online advertising to lure new victims. (S5)
- 8.00 **Hudson & Rex** *Murder, She Thought*: 6/16. The pharmacist at Charlie's aunt's retirement home is found dead. (S1)
- 9.00 **Murdoch Mysteries** *New episode* *Drawn in Blood*: 10/12. Murdoch investigates the murder of a satirical cartoonist. (S15)

10.00 Annika 4/6. Annika and the team are called in when writer Cara Gibson is found dead under a bridge. (S1)

- 11.00 **Frankie Drake Mysteries** 10/10. Trudy leaves DPD. (S4)
- 12.00 M'T **Traces** 5/6. Another deadly explosion occurs.
- 1.00 AM 6/6. Kathy realises change is essential. (S2)
- 2.00 to 4.00 AM **Murdoch Mysteries**

+1 hour **232 191**

GOLD

- 110/111 110/111 124 343 358**
- 7.00 AM **Highlights**
 - 8.20 **Ever Decreasing Circles**
 - 9.00 **Hi-de-Hi!**
 - 9.40 **Last of the Summer Wine**
 - 11.00 **The Green Green Grass**
 - 11.40 **Dad's Army**
 - 1.05 PM **Victoria Wood**
 - 1.40 **The Good Life**
 - 2.20 **Desmond's**
 - 3.00 **The Green Green Grass**
 - 3.40 **Dad's Army**
 - 4.20 **Last of the Summer Wine**
 - 5.40 **Hi-de-Hi!**
 - 6.20 **Desmond's**



9.00 Billy Connolly Does...

- 7.00 **The Green Green Grass** Marlene wants to renew her marriage vows.
- 7.40 **Dad's Army** Captain Mainwaring puts the defence of the realm before personal pride.
- 8.20 **The platoon** have their hands full with two German prisoners.
- 9.00 **Billy Connolly Does...** *New edition* 6/7. Billy explains that when it comes to culture, for him, anything goes.

10.00 The Good Life Tom and Barbara make clothes out of nettles and wool.

- 10.40 **Not Going Out** First episode of the sitcom.
- 11.20 **Peep Show**
- 12.35 AM **French and Saunders**
- 1.15 **Victoria Wood** Victoria befriends holiday-makers.
- 1.55 **Lenny Henry's Race Through Comedy**
- 3.00 **The Good Life**
- 3.30 to 4.00 AM **Peep Show**

+1 hour **210/211 194**

Dave

- 111/112 127 227 19 157**
- 7.10 AM **Cop Car Workshop**
 - 8.00 **Timber Kings**
 - 9.00 **Storage Hunters UK**
 - 10.00 **Top Gear**
 - 11.00 **Expedition with Steve Backshall** From Borneo.
 - 12.00 NOON **Red Bull Soapbox Race**
 - 1.00 PM **Border Force: America's Gatekeepers**
 - 2.00 **Expedition with Steve...**
 - 3.00 **Rick Stein's Long Weekends**
 - 4.00 **Red Bull Soapbox Race**
 - 5.00 **Rick Stein's Long Weekends**
 - 6.00 **Taskmaster**



10.00 Meet the Richardsons

- 7.00 **Richard Osman's House of Games** With Sarah Greene and Holly Walsh.
- 7.40 **Room 101** With guests Charlie Brooker, Scarlett Moffatt and Pearl Mackie.
- 8.20 **Would I Lie to You?** With Miranda Hart, Rhod Gilbert, Rufus Hound and Hugh Fearnley-Whittingstall.
- 9.00 **QI XL** Alice Levine, Alan Carr and Phill Jupitus join Alan Davies in answering Sandi Toksvig's questions on the subject of Quests.

10.00 Meet the Richardsons *New edition* The couple go on a game show.

- 10.40 **Mock the Week** With Tom Allen and Sindhu Vee.
- 11.20 **Mock the Week**
- 12.00 M'T **Hypothetical**
- 1.00 AM **QI XL**
- 1.40 **Would I Lie to You?**
- 2.15 **Live at the Apollo**
- 3.15 **Ladhood**
- 3.40 to 4.00 AM **The Indestructibles**

+1 hour **211 131 74**

GREAT! tv

- 157 189 50 142**
- 6.00 AM **Charlie's Angels**
 - 7.00 **Crazy Like a Fox** (S1)
 - 8.00 **Highway to Heaven**
 - 10.00 **FILM Love at First Dance** Romantic drama. (2018, PG, 110min) ★★
 - 11.50 **GREAT! Movie News**
 - 12.00 NOON **Sue Thomas: F.B. Eye** 3/19. (S1)
 - 1.00 PM **Perception** (S2)
 - 2.00 **Body of Proof** (S2)
 - 3.00 **Castle** 22/22. (S8)
 - 4.00 **Murder, She Wrote**
 - 7.00 **M*A*S*H** Four episodes of the series, including at:
 - 8.00 1/22. A vaudeville troupe visit the 4077th.
 - 8.30 2/22. The vaudeville troupe bid farewell. (S10)
 - 9.00 **Who Wants to Be a Millionaire?** Four editions of the quiz.
 - 1.00 AM **M*A*S*H** (S9&10)
 - 3.00 **Hart to Hart** 9/24. (S3)
 - 3.45 **Crazy Like a Fox** (S1)
 - 4.30 to 6.00 AM **Highway to Heaven**

+1 hour **257 220 62 143**

4seven

- 137 143 203 49 127**
- 9.00 AM **Four in a Bed**
 - 9.30 **Come Dine with Me**
 - 10.30 **A New Life in the Sun**
 - 11.30 **A Place in the Sun**
 - 2.30 PM **Come Dine with Me**
 - 5.00 **A Place in the Sun**
 - 6.00 **A New Life in the Sun**
 - 7.00 **George Clarke's Old House, New Home** The host tackles properties in East Sussex and Manchester.
 - 8.00 **24 Hours in A&E** A retired firefighter hit in the face by a golf club.
 - 9.00 **Edward VIII: Britain's Traitor King** Exploring evidence that Edward VIII may have collaborated with the Nazis.
 - 10.00 **Falklands War: The Untold Story**
 - 11.35 **Britain's Most Expensive Houses**
 - 12.35 AM **Gogglebox**
 - 2.45 **First Dates**
 - 3.40 **Naked Attraction**
 - 4.30 to 5.00 AM **The Simpsons**

+1 hour **241 185 130**

5USA

- 141 141 153 21 129**
- 9.00 AM **NCIS** 18&19/24. (S8)
 - 10.55 **Entertainment News**
 - 11.00 **NCIS** 20/24. (S8)
 - 12.00 NOON **Law & Order**
 - 4.55 **Entertainment News**
 - 5.00 **Law & Order** (S19)
 - 6.00 **NCIS** 10-12/24. (S9)
 - 9.00 **Law & Order: Special Victims Unit** *In the Year We All Fell Down*: 12/16. Benson walks into a hostage situation. (S22)
 - 10.00 **Twenty-Five Acts**: 3/24. The author of an erotic novel is attacked.
 - 11.00 **Acceptable Loss**: 4/24. Captain Cragen takes back control of the SVU team. (S14)
 - 11.55 **Father's Shadow**: 13/23. Guest stars Harry Connick Jr. (S13)
 - 12.55 AM **Law & Order: Special Victims Unit**
 - 1.50 **Law & Order: Criminal Intent** 1&2/23. (S2)
 - 3.35 to 4.00 AM **Criminals Caught on Camera**

+1 hour **241 185 130**

5STAR

- 128 151 32 131**
- 8.00 AM **Criminals: Caught on Camera**
 - 8.25 **Shoplifters & Scammers: At War with the Law**
 - 9.10 **Filthy House SOS**
 - 10.10 **Judge Judy**
 - 12.00 NOON **Traffic Cops**
 - 2.00 PM **Police Interceptors**
 - 5.00 **Shoplifters & Scammers: At War with the Law**
 - 6.00 **Home and Away**
 - 7.00 **Filthy House SOS**
 - 8.00 **Hotel Benidorm: Sun, Sea & Sangria**
 - 9.00 **Car Pound Cops: Give Me My Car Back!**
 - 10.00 **FILM Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. (1994, 15, 104min) ★★
 - 12.10 AM **FILM Insidious** Horror thriller. (2010, 15, 103min) ★★
 - 2.20 **Burglars & Break-Ins: Caught on Camera**
 - 3.15 to 4.00 AM **Judge Judy**

+1 hour **228 186 141**

W

- 109/110 125 211 25 156**
- 6.10 AM **My Dream Home**
 - 8.00 **Tipping Point**
 - 10.00 **The Bill**
 - 11.00 **Inside the Vets**
 - 12.00 NOON **Inside the Ambulance**
 - 2.00 PM **Tipping Point**
 - 4.00 **My Dream Home**
 - 6.00 **MasterChef USA: Legends** With chef Masaharu Morimoto.
 - 7.00 **Property Brothers: Forever Homes**
 - 8.00 **Inside the Ambulance** *New edition* In Oxford, crews help a child with signs of meningitis.
 - 9.00 **16 Kids and Counting** Following the daily lives of seven of Britain's largest families.
 - 10.00 **One Born Every Minute** Documentary.
 - 11.00 **Inside the Ambulance**
 - 12.00 M'T **Inside the Operating Theatre**
 - 1.00 to 3.00 AM **Tipping Point**

+1 hour **209/210 190**

Drama

- 143 130 20 158**
- 7.00 AM **Last of the Summer Wine**
 - 7.40 **Hetty Wainthropp Investigates**
 - 8.35 **The Bill**
 - 9.35 **Classic Holby City**
 - 10.55 **Classic Casualty**
 - 12.00 NOON **The Bill**
 - 1.00 PM **Classic EastEnders**
 - 2.20 **Hetty Wainthropp Investigates**
 - 3.20 **Lovejoy**
 - 4.20 **Pie in the Sky**
 - 5.20 **Last of the Summer Wine** Classic sitcom.
 - 6.00 **Are You Being Served?**
 - 6.40 **Last of the Summer Wine** Double bill.
 - 8.00 **Jonathan Creek** *Black Canary*: Christmas edition from 1998, with guest star Rik Mayall.
 - 10.00 **New Tricks** *The Truth Is Out There*: Crime drama.
 - 11.20 **Silent Witness**
 - 1.55 AM **Kavanagh QC**
 - 3.20 to 4.00 AM **Last of the Summer Wine**

+1 hour **243 226 60**

THURSDAY

Documentaries

Thursday

CBS Drama

147 197 68 134

9.00 AM Perry Mason
 11.00 Matlock 10/22. (S6)
 12.00 NOON Medium (S1)
 1.00 PM JAG (S6)
 3.00 Perry Mason
 5.00 Unsolved Mysteries
 6.55 Judge Judy Real-life small-claims cases.
 9.00 Medium *Lucky*: 8/16. Allison endures visions of her stepbrother's death, and tries to contact the spirit of a girl who was killed in a fire. (S1)
 10.00 Unsolved Mysteries The story of a woman who suspiciously disappeared shortly after her boyfriend was found murdered.
 11.00 An investigation into an unusual healing technique, and tales of the Bermuda Triangle.
 11.55 Judge Judy
 2.00 AM Medium As 9pm.
 3.00 Evidence of Evil
 4.00 Something's Killing Me
 4.55 to 6.00 AM Matlock

CBS Justice

148 192 41 137

9.00 AM Diagnosis Murder
 11.00 The Fugitive (S3)
 12.00 NOON Perry Mason
 1.05 PM Walker, Texas Ranger 23&23/24. (S8)
 3.00 CSI: Miami 17/24. (S3)
 4.00 NCIS 16/24. (S10)
 5.00 The Fugitive (S3)
 6.00 Perry Mason
 7.05 Walker, Texas Ranger
 9.00 CSI: Miami *Money Plane*: 17/24. Horatio looks into a plane crash, and suspects a local man of deliberately sabotaging the flight. (S3)
 10.00 NCIS *Detour*: 16/24. Ducky and Jimmy are abducted. Guest stars Valerie Cruz. (S10)
 11.00 Diagnosis Murder (S3)
 1.00 AM Walker, Texas Ranger 1&2/27. (S4)
 2.55 JAG 10/24. (S3)
 3.55 Donal MacIntyre: Unsolved
 4.40 to 6.00 AM Medical Detectives

Challenge

160 160 48 146

7.00 AM The Chase
 10.00 Play Your Cards Right
 11.00 The Price Is Right
 12.00 NOON Wheel of Fortune Double bill.
 1.00 PM Catchphrase
 2.00 Family Fortunes
 3.00 Blankety Blank
 5.00 Bullseye Double bill.
 6.00 Tenable A team of travel company colleagues take part.
 7.00 Pointless Celebrities Contestants from the world of comedy compete, including Linda Robson, Lesley Joseph and Ronni Ancona.
 8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
 10.00 Who Wants to Be a Millionaire? Chris Tarrant hosts the big-prize quiz.
 11.00 Bullseye Double bill of the darts-based quiz.
 12.00 M'T The Chase
 5.00 to 6.00 AM Bullseye

E!

151 151 835 164 163

7.00 AM Kourtney & Kim Take Miami
 8.00 Keeping Up with the Kardashians
 10.00 Dash Dolls
 11.00 Keeping Up with the Kardashians
 12.00 NOON News: Daily Pop
 1.00 PM Keeping Up with the Kardashians
 5.00 E! Live from the Red Carpet: Oscars 2022 With Laverne Cox.
 7.00 Botched An executive wants to downsize her million-dollar breasts.
 8.00 A reality star has a uni-boob situation.
 9.00 Hollywood Medium with Tyler Henry
 10.00 Nightly Pop
 10.30 The Bradshaw Bunch
 11.30 Dr 90210
 12.30 AM Dash Dolls
 1.30 10 Things You Don't Know Keanu Reeves.
 2.00 Teleshopping
 3.00 to 5.00 AM Second Wives Club

Sky Documentaries

121 121 819 278 277 352 367

6.00 AM Drew: The Man Behind the Poster
 8.00 Richard E Grant's Hotel Secrets
 9.00 Discovering
 10.00 The Directors
 11.00 Too Young to Die
 12.00 NOON The Nineties
 1.00 PM Escobar by Escobar
 2.00 FILM Kipchoge: The Last Milestone Documentary. (2021, 12, 87min) ★★★★★
 3.40 My Icon: Dan Bethell
 4.00 Discovering
 5.00 The Directors
 6.00 Too Young to Die
 7.00 The Nineties
 8.00 Escobar by Escobar
 9.00 FILM The Armstrong Lie Documentary. (2013, 15, 124min) ★★★★★
 11.15 Look Away
 1.00 AM Larry Kramer: In Love & Anger
 2.40 The Longest War
 4.20 The Directors
 5.10 to 6.00 AM Richard E Grant's Hotel Secrets

Sky Nature

124 124 822 280 279 354 369

6.00 AM The Wild Wild East
 7.00 Monkey Life
 8.00 Battle of the Alphas
 9.00 Big Cats: An Amazing Animal Family
 10.00 Amazing Animal Friends
 11.00 Orangutan Jungle School Documentary.
 12.00 NOON Hope for Wildlife
 1.00 PM Monkey Life
 2.00 Battle of the Alphas
 3.00 Big Cats: An Amazing...
 4.00 Amazing Animal Friends
 5.00 Orangutan Jungle...
 6.00 Hope for Wildlife
 7.00 Monkey Life
 8.00 Secret Life of the Koala Documentary.
 9.00 Africa's Hidden Kingdoms
 10.00 Orangutan Jungle...
 11.00 Hope for Wildlife
 12.00 M'T Kenya Wildlife Diaries Documentary.
 1.00 AM Malawi Wildlife Rescue Documentary.
 2.00 Secret Life of the Koala
 3.00 Africa's Hidden...
 4.00 to 6.00 AM Highlights

HGTV

158 286 44 166

7.00 AM Homes Under the Hammer From Kent.
 8.00 Fantasy Homes by the Sea In Pembrokeshire.
 9.00 A Place in the Sun: Home or Away
 10.00 Escape to the Country
 12.00 NOON Love Your Garden Gloucestershire.
 1.00 PM Fixer Upper
 2.00 A Place in the Sun
 3.00 Fantasy Homes by...
 4.00 Building the Dream
 5.00 Homes Under the...
 6.00 A Place in the Sun
 7.00 Escape to the Country
 8.00 Love Your Garden
 9.00 My Lottery Dream Home Double bill.
 10.00 Christina on the Coast *New editions* Double bill.
 11.00 Fixer Upper
 12.00 M'T Escape to the Country From Norfolk.
 1.00 AM Building the Dream
 2.00 Homes Under the...
 3.00 to 4.00 AM Island Life
 +1 hour 258 290

Food Network

140 285 43 148

6.00 AM Southern Kitchen
 7.00 The Pioneer Woman
 8.00 Guy's Grocery Games *New edition*
 9.00 The Hairy Bikers: Mums Know Best
 10.00 River Cottage Heroes
 11.00 Nigel's Simple Suppers
 12.00 NOON Great British...
 1.00 PM Friday Night Feast
 2.00 James Martin's French...
 3.00 Rachel's Easy Meals
 4.00 River Cottage Heroes
 5.00 The Pioneer Woman
 5.30 Delicious Miss Brown *New edition*
 6.00 Barefoot Contessa: Back to Basics
 6.30 Girl Meets Farm
 7.00 Great British Bake Off
 8.00 James Martin's French Adventures *New edition*
 9.00 Ainsley's Food We Love
 10.00 Nigel's Simple Suppers
 11.00 Restaurant: Impossible
 12.00 M'T Guy's Grocery...
 1.00 to 3.00 AM Highlights
 +1 hour 240 149

DMAX

172 171 39 150

6.00 AM Salvage Dawgs
 7.00 Tanked
 8.00 Treehouse Masters
 9.00 Yukon Men
 10.00 Alaska: Last Frontier
 11.00 Life Below Zero
 12.00 NOON Last Alaskans
 1.00 PM Building Alaska
 2.00 Maine Cabin Masters
 3.00 Jade Fever
 4.00 Destroyed in Seconds
 5.00 Alaskan Bush People
 6.00 Outback Opal Hunters
 7.00 Deadliest Catch
 8.00 Alaska: Last Frontier
 9.00 Barnwood Builders *New edition*
 10.00 Maine Cabin Masters *New edition*
 11.00 Life Below Zero
 12.00 M'T Edge of Alaska
 1.00 AM Naked and Afraid
 2.00 Kindig Customs
 3.00 Bear Grylls: Born Survivor
 3.50 Tanked
 4.40 to 6.00 AM Highlights
 +1 hour 272 214 151

5Action

150 187 150 33 132

9.00 AM Criminals: Caught on Camera
 9.25 Traffic Cops
 11.25 FILM California Western. (1963, U, 86min) ★★
 1.25 PM FILM McIntock! Comedy Western. (1963, U, 127min) ★★
 4.00 Trucking Hell
 5.00 Traffic Cops
 7.00 Police Interceptors
 8.00 Traffic Cops
 9.00 Trucking Hell *New edition* A drinks lorry gets grounded on a boggy verge.
 10.00 A lorry crashes on a narrow road.
 11.00 WWE - Raw Highlights
 12.00 M'T WWE - NXT UK
 1.00 AM Criminals: Caught on Camera
 2.00 Night Crime UK: Caught on Camera
 2.55 Idiot TV
 3.45 Seconds from Death: Caught on Camera
 4.35 to 5.00 AM Criminals: Caught on Camera

Sky Crime

122 122 820 137 136 348 363

6.00 AM Highway Patrol
 7.00 Caught Red Handed
 8.30 Customs UK
 9.00 Nothing to Declare
 10.00 Brit Cops
 11.00 Road Wars
 12.00 NOON Murders That Shocked the Nation
 1.00 PM New York Homicide
 2.00 Britain's Most Evil Killers
 3.00 World's Most Evil Killers
 4.00 Killer in My Village
 5.00 Killer Lovers
 6.00 World's Most Evil Killers
 7.00 Killer in My Village
 8.00 Britain's Most Evil Killers
 9.00 Mark of a Serial Killer
 10.00 Snapped
 11.00 Britain's Most Evil Killers
 12.00 M'T World's Most Evil...
 1.00 AM New York Homicide
 2.00 Snapped
 3.00 Murders That Shocked the Nation
 4.00 Brit Cops
 5.00 to 6.00 AM Motorway Patrol
 +1 hour 222 207

CBS Reality

146 148 67 135

9.00 AM Judge Judy
 1.00 PM Judge Judy
 7.00 Medical Detectives A rare clue helps police track down a killer.
 7.30 A woman's disappearance is investigated by police.
 8.00 Forensics Police are called when an abandoned car is found in Hamilton.
 9.00 Murder By the Sea A look at the case of John Bodkin Adams.
 10.00 Evidence of Evil A killer who caused a manhunt which lasted nearly three decades.
 11.00 Secrets of a Psychopath
 12.00 M'T Teens Who Kill
 1.00 AM Murder By the Sea
 2.00 Evidence of Evil
 3.00 Forensics
 3.50 Unsolved Mysteries
 5.15 to 6.00 AM Celebrity Damage Control
 +1 hour 246 201 136

Really

142 128 17 160

6.00 AM Celebrity Fantasy Homes Shane Lynch.
 7.00 Teleshopping
 8.00 Homes Under the Hammer Double bill.
 10.00 Celebrity Antiques Road Trip Emeli Sande.
 11.00 Antiques Road Trip
 12.00 NOON Money for Nothing An old trough.
 1.00 PM A Place in the Sun
 2.00 Animal Cops Houston
 4.00 Pit Bulls & Parolees
 5.00 Countryside 999
 6.00 Money for Nothing
 7.00 Celebrity Antiques Road Trip With Georgia Steel and Wes Nelson.
 8.00 Antiques Road Trip
 9.00 Paranormal: Caught on Camera *New edition*
 10.00 Kindred Spirits *New edition*
 11.00 Ghost Adventures
 1.00 AM Kindred Spirits
 2.00 Teleshopping
 4.00 Animal Cops Houston
 5.00 to 6.00 AM Pit Bulls & Parolees

Blaze

164 216 64 162

6.00 AM Hardcore Pawn
 7.55 American Restoration
 8.25 Ancient Aliens
 10.20 Storage Wars Canada
 11.15 Storage Wars
 12.10 PM Pawn Stars
 2.05 Hardcore Pawn
 4.00 Ancient Aliens: Secret Science
 5.00 Ancient Aliens
 6.00 UFO Hunters
 7.00 Unidentified: Inside America's UFO Investigation
 8.00 UFO Europe: The Untold Stories
 9.00 Alien Deception: The Biggest Lie in History
 10.30 UFO Town
 11.30 Roswell: First Witness
 12.30 AM UFO Europe: The...
 1.30 Conspiracy Files: Unsealed
 2.00 Unidentified...
 3.00 UFO Hunters
 3.45 Counting Cars
 4.10 to 6.00 AM Pawn Stars
 +1 hour 81

TLC

133 133 828 167 323 377

6.00 AM Say Yes... UK
 8.00 Say Yes... Lancashire
 9.00 Curvy Brides Boutique
 10.00 Say Yes to the Dress
 11.00 Extreme Couponing
 12.00 NOON Nate & Jeremiah by Design
 1.00 PM Good Bones
 2.00 Sister Wives
 4.00 Dr Pimple Popper: Messiest Pops
 5.00 sMothered
 6.00 Love After Lock Up
 7.00 The Bad Skin Clinic
 8.00 I Didn't Know I Was Pregnant
 9.00 Dr Pimple Popper: Pop Ups *New edition*
 10.00 Dr Pimple Popper *New edition*
 11.00 Heartbreak Island
 12.00 M'T I Didn't Know I...
 1.00 AM Dr Pimple... Pop Ups
 2.00 Dr Pimple Popper
 3.00 Say Yes... UK
 5.00 to 6.00 AM Say Yes to the Dress: Lancashire
 +1 hour 233 172

5SELECT

153 152 56 133

9.00 AM GPs: Behind Closed Doors Documentary.
 10.00 The Yorkshire Vet
 11.00 The Yorkshire Vet Casebook
 12.00 NOON The Dog Rescuers with Alan Davies Double bill.
 2.00 PM GPs: Behind Closed Doors Triple bill.
 5.00 The Yorkshire Vet
 6.00 Watercolour Challenge
 7.00 Our Yorkshire Farm
 9.00 Agatha and the Midnight Murders Mystery starring Helen Baxendale.
 11.00 80s Greatest Pop Videos: 1980
 1.00 AM David Jason: Britain's Favourite TV Star A look at the life and career of the actor.
 2.30 Inside the McVitie's Biscuit Factory
 3.25 Around the World by Train Rail journeys.
 3.50 to 4.00 AM Entertainment News

Quest

144 144 834 169 12 114 172

6.00 AM How Do They Do It?
 6.20 Find It, Fix It, Flog It
 7.10 Shed and Buried
 8.00 The Repair Shop
 9.00 Kings of the Wood
 10.00 Chasing Classic Cars
 11.00 Vintage Voltage
 12.00 NOON Wheeler Dealers
 1.00 PM Antiques Road Trip
 2.00 The Repair Shop
 3.00 Find It, Fix It, Flog It
 4.00 Salvage Hunters
 5.00 Salvage Hunters: The Restorers
 6.00 Wheeler Dealers
 7.00 Aussie Gold Hunters
 8.00 Salvage Hunters: Celebrity Special
 9.00 Vintage Voltage *New edition*
 10.00 Chasing Classic Cars
 11.00 How Do They Do It?
 12.00 M'T Wheeler Dealers
 1.00 AM Disasters at Sea
 2.00 Iron Resurrection
 3.00 Fantomworks
 4.00 to 6.00 AM Highlights
 +1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM Say Yes... UK
 7.00 Say Yes... Atlanta
 8.00 Say Yes... Vegas Dress
 9.00 Animal Cops Houston
 10.00 Animal Cops Philadelphia
 11.00 Forensic Detectives
 1.00 PM Reasonable Doubt
 2.00 Disappeared
 3.00 True Crime with Aphrodite Jones
 4.00 Curvy Brides Boutique
 5.00 Say Yes... UK
 7.00 Long Lost Family
 8.00 Dr Pimple Popper
 9.00 Faking It: Tears of a Crime Fred Talbot.
 10.00 Secrets, Lies and Private Eyes *New edition*
 11.00 Forensic Detectives
 1.00 AM Murder on CCTV
 2.00 Murder Comes to Town
 3.00 FBI Files
 3.50 Animal Cops Phoenix
 4.40 Saving Britain's Wildlife
 5.30 to 6.00 AM Say Yes to the Dress
 +1 hour 249 71 170

Discovery

- 125 125 823 250 322 376**
- 6.00 AM Wheeler Dealers
 - 7.00 Deadliest Catch
 - 8.00 Alaska: Homestead Rescue
 - 9.00 Alaska: The Last Frontier
 - 10.00 Combat Dealers
 - 11.00 Wheeler Dealers: Dream Car A Porsche Cayenne.
 - 12.00 NOON Railroad Alaska
 - 1.00 PM Gold Rush: White Water
 - 3.00 Disasters Engineered
 - 4.00 Building Off the Grid
 - 5.00 Wheeler Dealers
 - 6.00 Fast N' Loud The guys try to save a 1967 Firebird.



9.00 Building Off the Grid

- 7.00 **Outback Truckers** Boe must navigate a crocodile-infested river, while Mike transports a valuable harvester.
- 8.00 **Bad Chad Customs** Chad attempts to transform a 1971 Pinto into a European-style performance car.
- 9.00 **NEW SERIES Building Off the Grid** A builder questions if his Greek cottage will ever become a reality in Tennessee.
- 10.00 **Naked and Afraid New edition** Terra and Shaun struggle to survive in the dense brush of Pia Manzi in Zambia.
- 11.00 **Combat Dealers** Recreating a D-Day parachute jump.
- 12.00 M'T **Building Off the Grid**
- 1.00 AM **Naked and Afraid**
- 2.00 **Moonshiners**
- 3.00 **Building Off the Grid**
- 4.00 **Fast N' Loud**
- 4.50 **Wheeler Dealers**
- 5.40 to 6.00 AM **How It's Made**

+1 hour **225 258**

Animal Planet

- 162 251 325 378**
- 8.00 AM The Zoo
 - 9.00 Bad Dog!
 - 10.00 Animal Precinct
 - 11.00 How Do Animals Do That?
 - 12.00 NOON The Crocodile Hunter: Best of Steve Irwin
 - 1.00 PM **Predators Up Close** with Joel Lambert Spotted hyena.
 - 2.00 **Pit Bulls & Parolees**
 - 3.00 **America's Cutest Pets**
 - 4.00 **K9 Cops: Dogs on Patrol**
 - 5.00 **Dogs: The Untold Story**
 - 6.00 **Crocodile Hunter** The secret world of the whale shark.



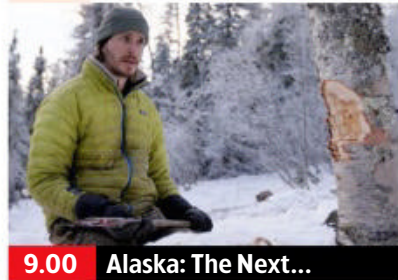
9.00 Scaled

- 7.00 **How Do Animals Do That?** The reason why cows are always chewing.
- 7.30 The experts reveal why dogs bury bones.
- 8.00 **Saved By the Barn** Dan and Chris adopt two little piglets, and Steve the grumpy goat needs help with his rage.
- 9.00 **Scaled** Creating a Bali-themed enclosure for a blue-tongued skink and an additional enclosure for crested geckos.
- 10.00 **I Was Prey** Stories include a woman whose holiday in Thailand took a scary turn when an elephant turned on her.
- 11.00 **Tanked** Wayde and Brett design a tank for the San Jose Sharks hockey team.
- 12.00 M'T **Lost Beasts of the Ice Age** An Ice Age dig.
- 2.00 AM **Pit Bulls & Parolees**
- 3.00 **America's Cutest Pets**
- 4.00 to 5.00 AM **K9 Cops: Dogs on Patrol**

+1 hour **262 259**

Nat Geographic

- 129 129 825 266 268 351 366**
- 8.00 AM **Egypt: Secret Chambers Revealed** The Great Pyramid.
 - 9.00 **Elizabeth I: The Secret Life**
 - 10.00 **Bloody Tales from History**
 - 11.00 **Drain the Oceans**
 - 12.00 NOON **Hitler's Disastrous Desert War** Documentary.
 - 1.00 PM **WW2: Hell Under the Sea**
 - 2.00 **Nazi Megastructures**
 - 3.00 **Air Crash Investigation**
 - 5.00 **To Catch a Smuggler: JFK Airport** Agents hunt for fraudulent visas and drugs.
 - 6.00 **Car S.O.S** An attempt to restore a Triumph Herald.



9.00 Alaska: The Next...

- 7.00 **Car S.O.S** Tim and Fuzz take on a 1992 Saab 900 Turbo belonging to a former engineer who has recently fallen ill.
- 8.00 **Car S.O.S New edition** Tim and Fuzz head to Huddersfield to rescue a 1992 VW Corrado, a German coupe car.
- 9.00 **Alaska: The Next Generation New edition** With spring approaching, the Alaskans must secure and protect their food.
- 10.00 **Primal Survivor** Hazen Audel explores the jungles of Guyana, and is taught by Makushi tribesmen to hunt fish.
- 11.00 **Air Crash Investigation**
- 12.00 M'T **Alaska: The Next Generation** Documentary.
- 1.00 AM **Ice Road Rescue**
- 2.00 **Lawless Island**
- 3.00 **Rise of the Roman Empire: Drain the Ocean**
- 4.00 to 5.00 AM **Drain the Oceans: Deep Dive**

+1 hour **229 267**

Sky History

- 123 123 821 270 353 368**
- 6.00 AM **Secrets in the Ice**
 - 8.00 **Pawn Stars**
 - 9.00 **American Pickers**
 - 11.00 **World's Greatest Treasure Mysteries** Documentary.
 - 12.00 NOON **Egypt's Unexplained Files** Egypt's best known icons.
 - 1.00 PM **Forged in Fire** **Tournament of Champions**
 - 2.00 **American Pickers**
 - 4.00 **Secrets in the Ice**
 - 6.00 **Pawn Stars** The guys try out a pair of Duck's Foot pistols.
 - 6.30 Rick looks at a Sigma Derby horse racing game.



10.00 Counting Cars

- 7.00 **Forged in Fire** The smiths must recreate one of history's most unique weapons – the Rock-Throwing Crossbow.
- 8.00 **Secrets of the Viking Stone** Peter Stormare and Elroy Balgaard try to discover whether the Vikings visited America.
- 9.00 **Forged in Fire New edition** In a five-hour face-off, the smiths must make a signature blade out of scrap steel.
- 10.00 **Counting Cars New edition** Master painter Ryan decides to paint his own van into the ultimate street machine.
- 11.00 **Counting Cars** A rare American street machine.
- 12.00 M'T **Digging for Britain**
- 1.00 AM **Secrets of the Viking Stone** As 8.00pm.
- 2.00 **Forged in Fire** As 7.00pm.
- 3.00 **Counting Cars** As 11.00pm.
- 4.00 **Egypt's Unexplained Files**
- 5.00 to 6.00 AM **Pawn Stars**

+1 hour **223 271**

Yesterday

- 155 129 27 159**
- 6.00 AM **Antiques Roadshow**
 - 8.00 **Rise of the Nazis**
 - 9.00 **World War Weird**
 - 10.00 **Abandoned Engineering**
 - 12.00 NOON **The Architecture The Railways Built**
 - 1.00 PM **Great British Railway Journeys** Double bill.
 - 2.00 **Abandoned Engineering**
 - 4.00 **Rise of the Nazis**
 - 5.00 **World War Weird** The story of Herman Goering's brother Albert, a Nazi oppositionist.
 - 6.00 **Michael Palin's New Europe** Visits to Ukraine and Hungary.



9.00 Scouting for Toys

- 7.00 **Great British Railway Journeys** A journey from Manchester to Birkenhead.
- 7.30 Michael Portillo pays a visit to Southport.
- 8.00 **Bangers and Cash New edition** An Argentinian army Mercedes G wagon arrives in North Yorkshire.
- 9.00 **NEW SERIES Scouting for Toys** The Teesside toy auctioneers prepare a collection of *Star Wars* memorabilia for sale.
- 10.00 **Bangers and Cash** Behind the scenes of a North Yorkshire-based, family-run historic car auction business.
- 11.00 **Abandoned Engineering** A mountain-top villa on the island of Rhodes that has been ravaged by acts of revenge by locals since 1955.
- 12.00 M'T **Great British Railway Journeys** Double bill.
- 1.00 to 3.00 AM **Antiques Roadshow**

+1 hour **255 200 75**

Disc. History

- 177 257**
- 6.00 AM **Wild West**
 - 7.00 **Codes and Conspiracies**
 - 8.00 **HMS Ark Royal**
 - 9.00 **Truth Behind the...**
 - 10.00 **Engineering Mistakes**
 - 11.00 **Codes and Conspiracies**
 - 12.00 NOON **Combat Dealers**
 - 1.00 PM **Expedition Unknown**
 - 2.00 **Edge of War**
 - 3.00 **Hunt for King Arthur's Castle**
 - 4.00 **Mysteries at the...**
 - 5.00 **Ultimate Warfare**
 - 6.00 **Truth Behind the Moon Landing**
 - 7.00 **Expedition Unknown**
 - 8.00 **Combat Dealers**
 - 9.00 **The Unexplained Files**
 - 10.00 **NASA's Unexplained...**
 - 11.00 **Aircraft Stories**
 - 12.00 M'T **Combat Dealers**
 - 2.00 AM **NASA's Unexplained Files**
 - 3.00 **Aircraft Stories**
 - 4.00 **Hunt for King Arthur's...**
 - 5.00 to 6.00 AM **Mysteries at the Museum**

+1 hour **277 261**

Eden

- 166 245 247**
- 9.00 AM The Zoo
 - 10.00 **Outback Vet**
 - 11.00 **Nature's Nurseries**
 - 12.00 NOON **Natural World: Super Squirrels**
 - 1.00 PM **Pangolins: The World's Most Wanted...**
 - 2.00 **The Zoo**
 - 3.00 **Wild Colombia with Nigel Marven**
 - 5.00 **Outback Vet**
 - 6.00 **Pangolins: The World's Most Wanted Animal**
 - 7.00 **Nature's Nurseries**
 - 8.00 **The Zoo**
 - 9.00 **Wild Colombia with...**
 - 10.00 **Pangolins: The World's Most Wanted Animal**
 - 11.00 **Outback Vet**
 - 12.00 M'T **The Zoo**
 - 1.00 AM **Yellowstone Journals** Documentary.
 - 2.00 **Bahama Blue**
 - 3.50 **Wild Fukushima**
 - 4.40 **Bahama Blue**
 - 5.30 to 6.00 AM **Collar of Duty**

+1 hour **266 246**

WILD

- 165 165 841 264 265**
- 8.00 AM **Dog: Impossible**
 - 9.00 **Yukon Vet: The Oakley Bunch**
 - 10.00 **Alaska Animal Rescue: Family Values**
 - 11.00 **Bizarre Animal Friends**
 - 12.00 NOON **Snakes in the...**
 - 1.00 PM **Wild Chile**
 - 4.00 **Pumas at the End of the World**
 - 5.00 **Monster Fish**
 - 6.00 **Snakes in the City**
 - 7.00 **Animal Fight Club: Best Of Highlights.**
 - 8.00 **Animal Fight Club**
 - 9.00 **King Cobra: Cannibal Snake** Experts track snakes in India.
 - 10.00 **Legendary Catch** Carter Andrews fishes for Alligator Gar on America's Gulf Coast.
 - 11.00 **Animal Fight Club**
 - 12.00 M'T **Swamp Men**
 - 1.00 AM **Animals Gone Wild**
 - 2.00 **Bizarre Animal Friends**
 - 3.00 **Snakes in the City**
 - 4.00 to 5.00 AM **Wild Chile**

+1 hour **229 267**

Sky History 2

- 163 163 840 272**
- 8.00 AM **Museum Men**
 - 9.00 **Brad Meltzer's Lost History**
 - 10.00 **Hunting Nazi Treasure**
 - 11.00 **Combat Ships**
 - 12.00 NOON **Ancient Aliens**
 - 3.00 PM **Museum Men**
 - 4.00 **Hunting Nazi Treasure**
 - 5.00 **Combat Ships**
 - 6.00 **Deep Sea Detectives**
 - 7.00 **Brad Meltzer's Lost History** The team hunt for lost footage of a D-Day secret mission.
 - 8.00 **Ancient Aliens** Experts question what probes on Mars may have found over the past 40 years.
 - 9.00 **Paranormal: Caught on Camera** Double bill.
 - 11.00 **Ancient Aliens**
 - 1.00 AM **Deep Sea Detectives**
 - 2.00 **The History of Sex**
 - 3.00 **101 Inventions That Changed the World**
 - 5.00 to 6.00 AM **Brad Meltzer's Lost History**

+1 hour **87**

PBS America

- 174 273 84 155**
- 8.00 AM **Beautiful Serengeti**
 - 8.35 **The Secret of the...**
 - 9.40 **WW1: The Final Hours**
 - 10.50 **Inside the Christchurch Mosque Attacks: Terror**
 - 11.50 **Clinton**
 - 1.00 PM **In Search of Monsters** Documentary.
 - 2.10 **Mutant Weather**
 - 3.15 **The Secret of the...**
 - 4.20 **WW1: The Final Hours**
 - 5.30 **Inside the Christchurch Mosque Attacks: Terror**
 - 6.35 **Mutant Weather**
 - 7.35 **The Secret of the Animal Mummies**
 - 8.45 **WW1: The Final Hours**
 - 9.55 **NEW Inside the Christchurch Mosque Attacks: Terror**
 - 11.00 **Mutant Weather**
 - 12.00 M'T **The Secret of the...**
 - 1.15 AM **WW1: Final Hours**
 - 2.15 **Inside the Christchurch Mosque Attacks: Terror**
 - 3.05 to 4.00 AM **In Search of Monsters**

+1 hour **256 222**

THURSDAY **Films**

Thursday

8 PM

9 PM

10 PM

11 PM

primetime

Sky Cinema **Premiere**

301 301 848 401 501 515

- 7.20 AM **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
- 9.00 **Our Ladies** As 3.10am.
- 11.00 **The Oogies** As 6.15pm.
- 12.45 PM **North Hollywood** (2021)
- 2.35 **Blacklight** As 8.00pm.
- 4.20 **People Just Do Nothing: Big in Japan** Comedy spin-off starring Allan Mustafa. (2021, 15, 97min) ★★★★★
- 6.15 **The Oogies** Animation. (2021, PG, 85min) ★★★



9.45 **North Hollywood**

8.00 **Blacklight** Action thriller starring Liam Neeson. A government operative with a shadowy past finds himself in the crosshairs of the FBI director he once helped protect. (2022, 15, 104min) ★ SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **North Hollywood** Coming-of-age comedy drama starring Ryder McLaughlin, Vince Vaughn and Miranda Cosgrove. (2021, 15, 93min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.30 **Don't Breathe 2** Horror sequel starring Stephen Lang. (2021, 15, 98min) ★★★
- 1.20 AM **People Just Do Nothing: Big in Japan** As 4.20pm.
- 3.10 **Our Ladies** Comedy drama. (2019, 15, 106min) ★★★★★
- 5.10 **Sky Cinema Preview**
- 5.35 to 7.15 AM **The Desperate Hour** Thriller with Naomi Watts. (2021, 12, 84min) ★★★★★

+1 hour 312

Sky Cinema **Greats**

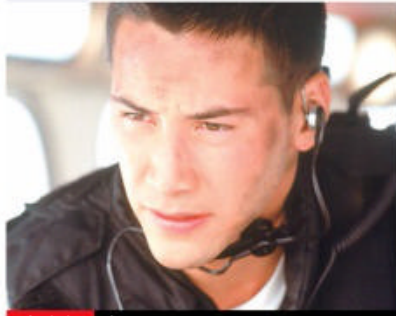
304 304 849 404 504 518

- 6.00 AM **Munich** As 3.10pm.
- 9.00 **Dragon: The Bruce Lee Story**
- 11.05 **The Matrix Revolutions**
- 1.15 PM **St Elmo's Fire** As 10.15pm.
- 3.10 **Munich** Steven Spielberg's political thriller with Eric Bana, Daniel Craig and Geoffrey Rush. (2005, 15, 164min) ★★★★★
- 5.55 **Dragon: The Bruce Lee Story** Action biopic with Jason Scott Lee. (1993, 15, 114min) ★★
- 8.00 **The Matrix Revolutions** Sci-fi action thriller starring Keanu Reeves, Laurence Fishburne and Carrie-Anne Moss. (2003, 15, 129min) ★★★★★
- 10.15 **St Elmo's Fire** Brat Pack drama starring Emilio Estevez, Demi Moore and Rob Lowe. A group of seven 22-year-old friends leave college full of high hopes, but their dreams and ideals take a battering when confronted by the harsh realities of the adult world. (1985, 15, 108min) ★★★★★
- 12.15 AM **The Ides of March** Thriller directed by and starring George Clooney, with Ryan Gosling. (2011, 15, 100min) ★★★★★
- 2.10 to 6.00 AM **The Ten Commandments** Cecil B DeMille's epic biblical drama. (1956, U, 219min) ★★★★★

Sky Cinema **Hits**

303 303 857 403 503 517

- 6.00 AM **Finding You** As 3.45am.
- 8.15 **Speed** As shown at 6.00pm.
- 10.15 **Voyagers** As 8.00pm.
- 12.15 PM **Jungleland** As 10.00pm.
- 2.00 **Zack Snyder's Justice League** Superhero adventure starring Ben Affleck, Henry Cavill, Gal Gadot and Jared Leto. (2017, 15, 242min) ★★★★★
- 6.00 **Speed** Action thriller starring Keanu Reeves, Dennis Hopper and Sandra Bullock. (1994, 15, 105min) ★★★★★



6.00 **Speed**

8.00 **Voyagers** Sci-fi thriller starring Colin Farrell. A crew of astronauts on a multi-generational mission descend into paranoia and madness, not knowing what is real or not. With Tye Sheridan and Lily-Rose Depp. (2020, 15, 108min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Jungleland** Drama with Charlie Hunnam and Jack O'Connell. (2020, 15, 90min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.45 **Waiting for the Barbarians** Drama starring Mark Rylance, Johnny Depp, Robert Pattinson and Greta Scacchi. (2019, 15, 112min) ★★★★★
- 1.55 AM **Hunter Hunter** Horror thriller starring Camille Sullivan and Devon Sawa. (2020, 18, 93min) ★★★★★
- 3.45 to 6.00 AM **Finding You** Romantic drama starring Rose Reid and Jediah Goodacre. (2021, PG, 119min) ★★

Sky Cinema **Animation**

305 305 412 500 514

- 6.25 AM **Cranston Academy: Monster Zone** As 12.35am.
- 8.05 **Shrek 2** As shown at 8.05pm.
- 9.55 **Ballerina** As shown at 9.40pm.
- 11.40 **Fantastic Mr Fox** Animation. (2009, PG, 87min) ★★★★★
- 1.25 PM **Planet 51** Animation. (2009, U, 86min) ★★
- 3.10 **Happy Feet** Animated musical comedy adventure. (2006, U, 108min) ★★★★★
- 5.00 **Valiant** Animated adventure. (2005, U, 76min) ★★★
- 6.20 **Happy Feet Two** Animated musical comedy sequel. (2011, U, 100min) ★★
- 8.05 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
- 9.40 **Ballerina** Animated adventure. (2016, U, 86min) ★★
- 11.15 **Two Tails** Animated adventure. (2018, U, 75min) ★
- 12.35 AM **Cranston Academy: Monster Zone** Animation. (2020, PG, 85min) ★★
- 2.05 **Space Dogs: Return To Earth** Animated fantasy adventure. (2020, U, 80min) ★★
- 3.30 **Asterix: The Mansions of the Gods** Animation. (2014, PG) ★★
- 5.00 to 6.30 AM **Brightheart 2: Firefly Action Brigade** Animated sequel. (2020, U) ★★

Sky Cinema **Family**

306 306 850 406 506 520

- 6.00 AM **Ender's Game** Adventure. (2013, 12, 111min) ★★★
- 7.55 **Tooth Fairy** As 7.10pm.
- 9.50 **Power Rangers** As 5.00pm.
- 12.05 PM **Garfield** As 9.00pm.
- 1.30 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★★★
- 3.10 **Save the Cinema** Drama. (2021, 12, 109min) ★★★★★
- 5.00 **Power Rangers** Fantasy. (2017, 12, 124min) ★★★★★
- 7.10 **Tooth Fairy** Fantasy comedy. (2010, PG, 101min) ★★



7.10 **Tooth Fairy**

Tooth Fairy (film started at 7.10pm) SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Garfield** Live-action comedy starring Jennifer Love Hewitt and Breckin Meyer, and featuring the voice of Bill Murray. (2004, U, 80min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Four Kids and It** Fantasy starring Matthew Goode. A group of children meet a magical creature with the power to grant wishes. (2020, PG, 110min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.25 AM **The Adventure of A.R.I.: My Robot Friend** Adventure. (2020, PG, 89min) ★★
- 2.05 **The Secret Garden** Drama. (2020, PG, 99min) ★★★★★
- 3.55 **C.I.Ape** Family comedy. (2021, PG, 82min) ★
- 5.30 to 7.05 AM **A Boy Called Sailboat** (2017, 12) ★★★

TCM Movies

315 415 416

- 6.00 AM **Hollywood's Best Directors**
- 7.10 **Separate Tables** Romance. (1958, b/w, PG, 98min) ★★★★★
- 9.15 **Son of a Gunfighter** Western. (1965, U, 92min) ★
- 11.10 **No Man Is An Island** War drama. (1962, PG, 114min) ★★
- 1.30 PM **Copper Canyon** Western. (1950, PG, 84min) ★★
- 3.20 **The Odessa File** Suspense thriller. (1974, PG, 129min) ★★
- 6.00 **Return to Warbow** Western. (1958, PG, 67min) ★★
- 7.30 **Kansas Pacific** Western starring Sterling Hayden and Eve Miller. (1952, PG, 73min) ★★
- 9.00 **Ocean's Thirteen** Caper thriller sequel starring George Clooney. A charismatic thief and his hand-picked gang of crooks plot an elaborate revenge against a megalomaniac casino owner. (2007, PG, 122min) ★★★★★
- 11.30 **Run All Night** Action thriller. (2015, 15, 114min) ★★★★★
- 1.50 AM **Cow Country** Western starring Edmond O'Brien. (1953, b/w, U, 81min) ★★
- 3.30 **Close Up** Triple bill.
- 5.00 to 6.00 AM **Hollywood's Best Directors**

+1 hour 316 417

Sky Cinema **Action**

307 307 851 407 507 521

- 6.00 AM **San Andreas** As 9.30pm.
- 8.00 **Charlie's Angels** As 6.00pm.
- 9.40 **Charlie's Angels: Full Throttle**
- 11.30 **The Suicide Squad** Adventure. (2021, 15, 132min) ★★★★★
- 1.50 PM **Crouching Tiger, Hidden Dragon** Ang Lee's romantic period adventure. Subtitled. (2000, 12, 120min) ★★★★★
- 4.00 **Limitless** Action thriller. (2011, 15, 104min) ★★★★★
- 6.00 **Charlie's Angels** Comedy thriller. (2000, 15, 97min) ★★



7.40 **Charlie's Angels: Full...**

7.40 **Charlie's Angels: Full Throttle** Action comedy thriller sequel starring Cameron Diaz, Drew Barrymore, Lucy Liu and Demi Moore. (2003, 12, 106min) ★ SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **San Andreas** Thriller starring Dwayne Johnson. Following an earthquake in California, a helicopter pilot makes a dangerous journey across the state to rescue his daughter. (2015, 12, 114min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.30 **Rise of the Planet of the Apes** Sci-fi thriller with James Franco and Andy Serkis. (2011, 12, 104min) ★★★★★
- 1.20 AM **Fall of a Kingdom** Action adventure starring Tommy Flanagan and Robert Patrick. (2019, 15, 104min) ★★★★★
- 3.30 **Riders of Justice** Danish action comedy. Subtitled. (2021, 15, 116min) ★★★★★
- 5.30 to 6.00 AM **Sky Cinema Preview**

Talking Pictures

328 445 82 306

- 6.00 AM **I'll Walk Beside You** Drama. (1943, b/w, U) ★★
- 7.40 **Come Back Peter** Comedy. (1952, b/w, U, 80min) ★★
- 9.15 **The Bank Raiders** Thriller. (1958, b/w, U, 62min) ★★
- 10.30 **Look at Life**
- 10.45 **Sons of the Sea** Adventure. (1939, U, 82min) ★★
- 12.20 PM **Big Business** Comedy. (1988, PG, 97min) ★★
- 2.15 **October Moth** Drama. (1960, b/w, PG, 54min) ★★
- 3.25 **Garden of Evil** Western. (1954, PG, 100min) ★★
- 5.30 **For the Love of Helen**
- 6.00 **Sea of Sand** Action drama starring Richard Attenborough. (1958, b/w, U, 97min) ★★★★★
- 8.00 **Justice** 5/13. (S3)
- 9.00 **Dance with a Stranger** Drama starring Miranda Richardson as Ruth Ellis, the last woman to be hanged in Britain. With Rupert Everett. (1984, 15, 98min) ★★
- 10.55 **The Duchess and the Dirtwater Fox** Comedy Western. (1976, PG, 104min) ★★★★★
- 1.05 AM **Timeslip** Sci-fi thriller. (1955, b/w, 12, 93min) ★★★★★
- 2.55 **Gunn** Thriller. (1966, PG) ★★
- 4.45 **Look at Life**
- 5.00 to 6.00 AM **Burke's Law**

Sky Cinema **Comedy**

308 308 408 508 522

- 6.15 AM **Sex Drive** As 2.25pm.
- 8.10 **Rams** Comedy drama. (2020, 12, 118min) ★★★★★
- 10.15 **The Longest Yard** As 10.10pm.
- 12.15 PM **Knocked Up** As 8.00pm.
- 2.25 **Sex Drive** Teen comedy. (2008, 15, 104min) ★
- 4.20 **Sex Tape** Comedy starring Cameron Diaz and Jason Segel. (2014, 15, 92min) ★★
- 6.00 **Locked Down** Crime comedy starring Chiwetel Ejiofor. (2021, 15, 118min) ★★



6.00 **Locked Down**

8.00 **Knocked Up** Romantic comedy starring Seth Rogen and Katherine Heigl. An unemployed slacker gets a gorgeous TV reporter pregnant during a drunken one-night stand. With Paul Rudd, Leslie Mann and Jason Segel. (2007, 15, 129min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Longest Yard** Comedy remake starring Adam Sandler, Chris Rock and Burt Reynolds. (2005, 12, 113min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.10 AM **Mr Nice** Biopic about the rise and fall of 1980s Welsh drug smuggler Howard Marks, starring Rhys Ifans, with Chloë Sevigny and David Thewlis. (2010, 18, 121min) ★★★★★
- 2.15 **Locked Down** As 6.00pm.
- 4.20 to 6.00 AM **Poms** Comedy starring Diane Keaton, Jacki Weaver and Pam Grier. (2019, 12, 90min) ★★

Horror

317 149 69 138

- 8.00 AM **First Wave** 19/22. (S1)
- 9.00 **Battlestar Galactica** (S1)
- 10.00 **The Prisoner** 15/17. (S1)
- 11.00 **Bermuda Tentacles** Monster thriller. (2014, 12, 86min) ★★
- 1.00 PM **Mind Blown** Thriller. (2016, 15, 99min) ★★
- 3.00 **The 4400** 2/6. (S1)
- 4.00 **Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
- 6.00 **The Prisoner** 16/17. (S1)
- 7.00 **Battlestar Galactica** Greetings from Earth - Part One: 19/24. Apollo and Starbuck find a vessel containing humans in suspended animation. (S1)
- 8.00 **Star Trek** Day of the Dove: 7/24. The crew battle the Klingons. (S3)
- 9.00 **The Skeleton Key** Thriller starring Kate Hudson. A nurse goes to care for an elderly stroke victim in a remote mansion and comes across a hidden attic room that holds a terrifying secret. (2005, 15, 104min) ★★★★★
- 11.00 **Tales that Witness Madness** Horror. (1973, 18, 90min) ★
- 12.50 AM **The Neighbour** Horror. (2016, 18, 87min) ★★★★★
- 2.35 to 4.30 AM **Doghouse** Horror spoof. (2009, 15, 85min) ★★★★★

+1 hour 318 202 139

Sky Cinema Thriller

- 309 309 409 509 523**
- 6.15 AM Inception** As 11.30pm.
 - 8.45 Mission: Impossible** Thriller. (1996, PG, 110min) ★★★
 - 10.45 Mission: Impossible II** Thriller sequel. (2000, 15) ★★★★★
 - 12.55 PM One Shot** Action thriller. (2021, 15, 96min) ★★
 - 2.35 Prisoners** Gripping thriller. (2013, 15, 150min) ★★★★★
 - 5.20 Revolver** Guy Ritchie's crime thriller. (2005, 15, 115min) ★
 - 7.20 Collide** Action thriller. (2016, 12, 99min) ★★★



9.00 Goodfellas
Collide (film started at 7.20pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Goodfellas Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 Inception Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. A corporate spy assembles a team to infiltrate the dreams of a billionaire. (2010, 12, 149min) ★★★★★

2.10 AM The Little Things Crime drama starring Denzel Washington. A deputy sheriff becomes embroiled in the search for a serial killer. (2021, 15, 128min) ★★★★★

4.20 to 6.00 AM One Shot (2021)

GREAT! movies classic

- 319 424 52 303**
- 6.00 AM Night Song** Romance. (1947, b/w, PG, 101min) ★★★
 - 8.00 Running Wild** Adventure. (1995, PG, 98min) ★★
 - 9.50 Malachi's Cove** Period family drama. (1973, U, 85min) ★★★
 - 11.30 You Must Be Joking!** Comedy. (1965, U, 101min) ★★★
 - 1.35 What's Eating Gilbert Grape** Offbeat drama starring Johnny Depp. (1993, 15, 113min) ★★★
 - 4.00 Thoroughly Modern Millie** Musical starring Julie Andrews. (1967, PG, 138min) ★★★
 - 6.50 Guess Who's Coming to Dinner** Drama starring Spencer Tracy and Katharine Hepburn. (1967, PG, 112min) ★★★★★
 - 9.00 Move Over, Darling** Comedy starring Doris Day, James Garner and Polly Bergen. (1963, U, 103min) ★★★★★
 - 11.10 The Running Man** Suspense drama starring Laurence Harvey. (1963, PG, 101min) ★★★
 - 1.15 AM Shampoo** Satirical comedy. (1975, 18, 110min) ★★★★★
 - 3.25 The Traitors** Espionage drama. (1962, b/w, PG, 70min) ★★★★★
 - 4.35 to 6.00 AM Tomorrow We Live** War drama. (1942, b/w, U) ★★

+1 hour **320 303 63 304**

Sky Cinema Drama

- 310 310 410 510 524**
- 6.00 AM Nowhere Special** (2020)
 - 7.50 Once Upon a River** Drama. (2019, 15, 92min) ★★★
 - 9.40 Clemency** As 3.25am.
 - 11.45 Enemy at the Gates** World War Two military drama. (2001, 15, 131min) ★★★★★
 - 2.00 PM The Desperate Hour** Thriller. (2021, 12) ★★★★★
 - 3.50 The Dry** Crime drama. (2020, 15, 117min) ★★★★★
 - 5.50 The Theory of Everything** Biopic. (2014, 12) ★★★★★



11.55 Notorious Nick

8.00 Book of Love Romantic comedy starring Sam Claflin and Veronica Echegui. An English writer's novel becomes a surprise hit in Mexico, after a local translator rewrites the dull book as a steamy erotic story. (2022, 12, 106min) ★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Old Henry Western with Tim Blake Nelson Scott Haze and Gavin Lewis. (2021, 15, 99min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 Notorious Nick Sports drama starring Cody Christian, Elisabeth Rohm and Kevin Pollak. (2021, 12, 90min) ★★

1.40 AM Nowhere Special Drama starring James Norton, Daniel Lamont and Eileen O'Higgins. (2020, 12, 96min) ★★★★★

3.25 Clemency Prison drama starring Alfre Woodard. (2019, 15, 112min) ★★★★★

5.25 to 6.00 AM Sky Cinema Preview

GREAT! movies

- 321 425 34 302**
- 9.00 AM Garage Sale Mystery: The Wedding Dress** (2015, PG) ★★
 - 11.00 An Emma Fielding Mystery 2: Past Malice** (2018, PG) ★★
 - 1.00 PM Three Bedrooms, One Corpse: An Aurora Teagarden Mystery** (2016, PG, 90min) ★★
 - 2.50 The Nurse** Drama starring Willa Ford. (2014, PG, 89min) ★★
 - 4.40 The Way We Were** Romantic drama. (1973, PG, 118min) ★★★
 - 6.55 Bewitched** Fantasy comedy with Nicole Kidman and Will Ferrell. An actor unwittingly casts a real witch to co-star in a revival of the 1960s TV series about a witch married to a mortal man. (2005, PG, 102min) ★★
 - 9.00 Parker** Revenge thriller starring Jason Statham and Jennifer Lopez. A ruthless criminal enlists the unwitting aid of a Palm Beach estate agent to hunt down his double-crossing gang. (2013, 15, 114min) ★★★★★
 - 11.20 Faster** Action thriller. (2010, 15, 97min) ★★★★★
 - 1.15 AM The Road** Apocalyptic drama. (2009, 15) ★★★★★
 - 3.30 to 6.00 AM Stealth** Action thriller. (2005, 12, 121min) ★★

+1 hour **322 61**

Sky Cinema Sci-Fi/Horror

- 311 311 858 411 511 525**
- 6.05 AM Gattaca** Sci-fi drama. (1997, 15, 106min) ★★★★★
 - 8.00 The Unholy** (2021, 15) ★★
 - 9.45 Spell** As shown at 12.40am.
 - 11.20 Oblivion** As shown at 2.15am.
 - 1.25 PM Edge of Tomorrow** Sci-fi adventure. (2014, 12) ★★★★★
 - 3.20 Omen IV: The Awakening** Horror sequel. (1991, 15) ★
 - 5.00 The Omen** Horror remake. (2006, 15, 110min) ★★
 - 7.00 I, Robot** Sci-fi thriller. (2004, 12, 115min) ★★★★★



11.05 The Dark

9.00 Blade Action adventure chiller based on the Marvel Comic character, starring Wesley Snipes as the half-human, half-vampire warrior Blade. With Stephen Dorff, Kris Kristofferson and N'Bushe Wright. (1998, 18, 121min) ★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 The Dark Supernatural horror starring Maria Bello and Sean Bean. (2005, 15, 93min) ★★

12.40 AM Spell Horror with Omari Hardwick and Loretta Devine. (2020, 15, 91min) ★★

2.15 Oblivion Epic sci-fi adventure starring Tom Cruise, Olga Kurylenko, Morgan Freeman and Andrea Riseborough. (2013, 12, 124min) ★★★★★

4.20 to 6.00 AM Omen IV: The Awakening As 3.20pm.

GREAT! movies action

- 323 426 42 305**
- 6.00 AM Submarine Attack** War drama. (1954, 12, 89min) ★★
 - 7.50 Commandos Strike at Dawn** Drama. (1943, b/w, PG) ★★
 - 9.50 Diamond Hunters** Drama. (2001, PG, 69min) ★★
 - 12.00 NOON The Stranger Wore a Gun** Western. (1953, U) ★★
 - 1.45 PM The Lone Gun** (1954, U) ★★
 - 3.25 Nautilus** Sci-fi adventure. (2000, PG, 97min) ★★
 - 5.20 Submarine Seahawk** War drama starring John Bentley. (1959, U, 83min) ★★
 - 7.10 Depth Charge** Thriller starring Eric Roberts. The commander of a nuclear submarine threatens the destruction of Washington, DC. (2008, 12, 90min) ★★
 - 9.00 Gray Lady Down** Underwater suspense drama about the rescue of a stranded US nuclear submarine. Stars Charlton Heston and David Carradine. (1977, PG, 111min) ★★
 - 11.15 Redline** Thriller starring Nadia Bjorlin. (2007, 12, 89min) ★
 - 1.05 AM Do No Harm** Thriller. (2012, 12, 88min) ★★
 - 2.55 to 4.00 AM Hell Squad** War drama. (1958, b/w, PG) ★★

+1 hour **324**

Sky Cinema Oscars

- 302 302 856 402 502 516**
- 6.15 AM Ben-Hur** As 2.15am.
 - 9.55 Roman Holiday** As 12.05am.
 - 11.55 Hell or High Water** Drama. (2016, 15, 102min) ★★★★★
 - 1.40 PM Promising Young Woman** Crime thriller. (2020, 15, 113min) ★★★★★
 - 3.35 The Dark Knight** Dark comic-book action thriller. (2008, 12, 152min) ★★★★★
 - 6.05 True Grit** Western starring Jeff Bridges and Hailee Steinfeld. (2010, 15, 110min) ★★★★★



6.05 True Grit

8.00 Raiders of the Lost Ark Steven Spielberg's action adventure starring Harrison Ford. Archaeologist Indiana Jones tries to stop the Ark of the Covenant from falling into Nazi hands. With Karen Allen. (1981, PG, 115min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Training Day Thriller with Denzel Washington and Ethan Hawke. The proposed new recruit to an elite LA narcotics squad discovers that the unit's leader is involved in the drugs underworld. (2001, 18, 121min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM Roman Holiday Romantic comedy with Audrey Hepburn and Gregory Peck. (1953, b/w, U, 118min) ★★★★★

2.15 to 6.00 AM Ben-Hur Multi-Oscar-winning epic starring Charlton Heston. (1959, PG, 212min) ★★★★★

Movies 24

- 325 419**
- 7.00 AM Midway to Love** As 7pm.
 - 9.00 Chateau Christmas** As 9pm.
 - 11.00 Chronicle Mysteries** As 11pm.
 - 1.00 PM Country at Heart** As 1am.
 - 3.00 Made for You, with Love** Romantic drama starring Edy Ganem and Brendon Zub. (2019, U, 90min) ★★
 - 5.00 Just for the Summer** Romantic drama starring Brant Daugherty. (2020, U, 90min) ★★
 - 7.00 Midway to Love** Romantic drama starring Rachel Hendrix and Daniel Stine. A disillusioned TV presenter returns to her home town and is reunited with her high-school sweetheart. (2019, PG, 87min) ★★
 - 9.00 Chateau Christmas** Drama starring Kinsey Leigh Redmond. Three sisters attempt to save a historic mansion in their town from a corrupt bank that plans to foreclose on Christmas. (2019, PG, 98min) ★★
 - 11.00 Chronicle Mysteries** The Deep End: Stars Alison Sweeney.
 - 1.00 AM Country at Heart** Romantic drama. (2020, PG, 84min) ★★
 - 3.00 to 5.00 AM Made for You, with Love** As shown at 3pm.

+1 hour **326 420**

Film4

- 313 313 855 428 429 14 300**
- Films start at 11.00am**
 - 11.00 AM Lonely Are the Brave** Western starring Kirk Douglas. (1962, b/w, PG, 107min) ★★★
 - 1.10 PM Two Thousand Women** Comedy drama. (1944, b/w, PG, 97min) ★★★
 - 3.10 The Man Who Would Be King** Adventure. (1975, PG, 129min) ★★★★★
 - 5.45 The Hobbit: An Unexpected Journey** Fantasy adventure. (2012, 12, 165min) ★★★



9.00 Tolkien
The Hobbit: An Unexpected Journey (film started at 5.45pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Tolkien Biopic starring Nicholas Hoult. Orphaned author JRR Tolkien finds friendship, love and artistic inspiration among a group of fellow outcasts at school. With Lily Collins, Pam Ferris and Craig Roberts. (2019, 12, 112min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 Split M Night Shyamalan's thriller starring James McAvoy. After being abducted by a kidnapper with multiple personalities, three young women face a fight for survival. (2016, 15, 117min) ★★★★★

1.35 to 3.40 AM How to Get Ahead in Advertising Satirical black comedy. (1988, 15, 98min) ★★★★★

FILMS ON OTHER CHANNELS

- 6pm TILL LATE**
- 7.55 PM Ready Player One** BBC3 Sci-fi adventure. ★★★★★
 - 9.00 American Reunion** Comedy Central Comedy sequel starring Jason Biggs. ★★
 - 9.00 La La Land** BBC4 Musical starring Emma Stone and Ryan Gosling. ★★★★★
 - 9.00 The Armstrong Lie** Sky Documentaries Documentary about Lance Armstrong's fall from grace. ★★★★★
 - 10.00 The Dark Knight Rises** Sky Showcase Crime action drama sequel starring Christian Bale and Tom Hardy. ★★★★★
 - 10.00 Beverly Hills Cop 3** 5STAR Comedy thriller sequel. ★★
 - 10.00 Megalodon Rising** Syfy Disaster movie sequel. ★★
 - 10.30 Cliffhanger** ITV4 Adventure starring Sylvester Stallone and John Lithgow. ★★
 - 11.00 Pride and Prejudice** BBC4 Classic film version of Jane Austen's comedy of manners, starring Greer Garson. ★★★★★
 - 12.10 AM Insidious** 5STAR Supernatural thriller. ★★★★★
 - 1.50 Thoroughbreds** Channel 4 Comedy crime drama. ★★★★★

Sky Sports Main Event

401 401 859 511 501 420 440

- 6.00 AM **LIVE ICC Women's World Cup** Coverage of the second semi-final staged at Hagley Oval.
- 9.30 **LIVE Test Cricket South Africa v Bangladesh.** Coverage of the opening day of the first Test.
- 2.50 PM **LIVE Indian Premier League Lucknow Super Giants v Chennai Super Kings.** Coverage of the T20 match from Brabourne Stadium in Mumbai.
- 7.00 Sky Sports News
- 7.30 **LIVE Betfred Super League Wigan Warriors v Hull FC.** From DW Stadium. Kick-off 8pm.
- 10.15 **LIVE PGA Tour Golf** Coverage of the opening day of the Valero Texas Open at TPC San Antonio.
- 12.00 M'T **LIVE LPGA Tour Golf** The opening day's play of the Chevron Championship.
- 2.00 AM **LIVE NBA Basketball Milwaukee Bucks v Brooklyn Nets.** The Eastern Conference match. Tip-off 12.30am.
- 3.00 **LIVE NBA Basketball Los Angeles Lakers v Utah Jazz.** The Western Conference encounter. Tip-off 3.00am.
- 5.30 to 6.00 AM **Inside the NBA**

Sky Sports Premier League

402 402 860 512 502 421 441

- 6.00 AM **PL Greatest Games**
- 7.00 **PL Legends Double-bill.**
- 8.00 **Best PL Goals Double-bill.**
- 9.00 **Premier League 100 Club**
- 10.00 **The Football Show**
- 12.00 NOON **Gary Neville's Soccerbox Double bill.**
- 1.00 PM **Premier League Years**
- 3.00 **PL Greatest Games**
- 4.00 **PL Best Goals 03/04**
- 5.00 **Premier League 100 Club**
- 5.30 **PL 100 Club: Harry Kane**
- 6.00 **PL Legends: Ruud van Nistelrooy A profile.**
- 6.30 **Inside the WSL**
- 7.00 **Premier League Matchpack**
- 7.30 **Premier League World**
- 8.00 **Gary Neville's Soccerbox**
- 9.00 **Premier League Matchpack**
- 9.30 **Premier League World**
- 10.00 **Inside the WSL**
- 10.30 **PL Retro Arsenal v Tottenham Hotspur from 2010.**
- 12.30 AM **Premier League Icons**
- 1.00 **Premier League Years**
- 3.00 **PL Greatest Games**
- 4.00 **PL Best Goals 09/10**
- 5.00 **Best PL Goals: Manchester City v Liverpool to 6.00 AM Premier League 100 Club**

Sky Sports Football

403 403 861 513 503 422 442

- 6.00 AM **Football's Greatest Players**
- 6.30 **Football Countdowns**
- 7.00 **Football Years**
- 7.30 **Greatest Games**
- 9.00 **EFL Goals: Leagues 1 & 2**
- 9.30 **Best Moments From The Championship Play-Off Final**
- 10.00 **Best Moments From The League 1 & 2 Play-Off Final**
- 10.30 **SPFL Greatest Games**
- 11.00 **Championship Review 17/18**
- 12.00 NOON **Play-Off Finals 17/18**
- 3.00 PM **EFL Cup Final 18**
- 3.30 **Best C'Ship Goals 2017/18**
- 4.00 **SPFL Highlights**
- 5.00 **Greatest Games**
- 6.00 **Best Moments From The League 1 & 2 Play-Off Final**
- 6.30 **Bundesliga Weekly**
- 7.00 **EFL Goals: Leagues 1 & 2**
- 7.30 **World Cup Qualifiers Review** Action from the FIFA World Cup European Qualifying play-off finals.
- 8.00 **Soccer AM: The Best Bits**
- 8.30 **Bundesliga Weekly**
- 9.00 **EFL Rivalries Triple bill.**
- 10.30 **Bundesliga Weekly**
- 11.00 **EFL Greatest Games**
- 12.00 M'T **Play-Off Final 16/17**
- 3.00 AM **EFL Cup Retro 12**
- 5.45 to 6.00 AM **One2Eleven**

Sky Sports World Cup

404 404 862 514 504 423 443

- 6.00 AM **LIVE ICC Women's World Cup** Coverage of the second semi-final at Hagley Oval in Christchurch, New Zealand.
- 9.30 **LIVE Test Cricket South Africa v Bangladesh.** Coverage of the opening day of the first Test in the two-match series taking place at Kingsmead in Durban.
- 2.50 PM **LIVE Indian Premier League Lucknow Super Giants v Chennai Super Kings.** Coverage of the T20 match at Brabourne Stadium, Mumbai.
- 7.00 **ICC Women's World Cup**
- 8.00 **Test Cricket Highlights of South Africa v Bangladesh in the first Test.**
- 9.00 **IPL Highlights of Lucknow Super Giants v Chennai Super Kings.**
- 10.00 **One-Day International Cricket**
- 11.00 **ICC Women's World Cup**
- 12.00 M'T **One-Day International Cricket Pakistan v Australia.**
- 1.00 AM **IPL Lucknow v Chennai.**
- 2.00 **Test Cricket Highlights.**
- 3.00 **ICC Women's World Cup**
- 4.00 **One-Day International Cricket**
- 5.00 **Best of the Women's World T20** England v New Zealand.
- 5.15 to 6.00 AM **Best of the ICC Women's World Cup**

Sky Sports Golf

405 405 863 515 505 424 444

- 6.00 AM **World Golf Championships**
- 7.00 **PGA Tour: The Cut**
- 7.30 **European Challenge Tour Golf**
- 8.00 **World Golf Championships**
- 9.00 **PGA Tour: The Cut**
- 9.30 **European Challenge Tour Golf**
- 10.00 **World Golf Championships**
- 11.00 **LIVE Ladies European Tour Golf** Coverage of day two of the Investec South African Women's Open at Steenberg Golf Club.
- 3.00 PM **LIVE PGA Tour Golf** Coverage of the opening round of the Texas Open which is taking place at TPC San Antonio.
- 5.00 **LIVE LPGA Tour Golf** Coverage of the opening day of the Chevron Championship at Mission Hills Country Club.
- 9.00 **LIVE PGA Tour Golf** Further coverage of the opening day of the Texas Open.
- 12.00 M'T **LIVE LPGA Tour Golf** Further coverage of day one of the Chevron Championship.
- 2.00 AM **The Players Championship Official Film** The 2017 event.
- 3.00 **PGA Tour Golf**
- 5.00 to 6.00 AM **British Masters Masterclass**

BT Sport 1

413 413 870 527 408 430

- 6.00 AM **Vanarama National League** Notts County v Chesterfield.
- 7.30 **ESPN FC Football news.**
- 8.00 **The Aussie Rules Show**
- 9.00 **LIVE AFL Western Bulldogs v Sydney Swans.** Coverage of the match taking place at Marvel Stadium. Bounce-up 9.20am.
- 12.00 NOON **DIY Pundit**
- 12.30 PM **Premier League World**
- 1.00 **Test Cricket Highlights** A review of the third Test between West Indies and England.
- 3.00 **The Cricket's On**
- 4.00 **ESPN FC Football news.**
- 4.30 **Ligue 1 Show**
- 5.00 **WWE Friday Night SmackDown** Wrestling action.
- 6.30 **WWE Monday Night Raw**
- 9.00 **WWE NXT Highlights**
- 10.00 **UFC Fight Camp**
- 10.30 **Premier League Match Pack**
- 11.00 **Ref: Stories From the Weekend** Documentary.
- 12.00 M'T **LIVE College Basketball** Coverage of an NCAA match.
- 2.00 AM **LIVE College Basketball** Action from the NCAA Slam Dunk and 3-Point Championship.
- 4.00 **Manchester United Classics**
- 5.00 to 6.00 AM **Arsenal Classics**

BT Sport 2

414 414 871 528 409 431

- 6.00 AM **BT Sport Reload**
- 6.15 **Inside Sailing**
- 6.45 **Gearing Up**
- 7.15 **WWE NXT Wrestling action.**
- 9.00 **Test Cricket Highlights**
- 11.00 **ESPN FC Football news.**
- 11.30 **Gearing Up**
- 12.00 NOON **BT Sport Reload**
- 12.30 PM **Badminton Unlimited**
- 1.00 **Inside Sailing**
- 1.30 **Premiership Rugby Cup**
- 3.00 **DIY Pundit**
- 3.30 **UCL Stories of the Finals**
- 4.00 **A-League Highlights**
- 5.00 **The Aussie Rules Show**
- 6.00 **AFL Action** from Western Bulldogs v Sydney Swans.
- 8.00 **WSL Championship Tour** The MEO Pro Portugal finals day.
- 9.00 **Premiership Rugby Cup**
- 10.30 **Rugby Walks** Brian O'Driscoll.
- 11.30 **The Aussie Rules Show**
- 12.30 AM **UFC Fight Camp**
- 1.00 **DIY Pundit**
- 1.30 **FIM X-Trial World Championship Highlights**
- 2.30 **Gearing Up Motorsport.**
- 3.00 **UEFA Champions League Magazine** News and action.
- 3.30 **UFC Fight Camp**
- 4.00 to 6.00 AM **AFL**

BT Sport 3

417 417 874 529 410 432

- 6.00 AM **Gallagher Premiership Rugby Highlights**
- 7.30 **Rugby Tonight**
- 8.15 **Premiership Rugby Cup**
- 9.45 **BT Sport Reload**
- 10.00 **Badminton Unlimited**
- 10.30 **On The Bank: Angling Outlaws**
- 11.00 **Fishing: On the Bank**
- 11.30 **UEFA Champions League Magazine** News and action.
- 12.00 NOON **Hockey** Germany v Spain in the Men's FIH Pro League.
- 2.00 PM **Hockey** A look back at action from Germany v USA in the Women's FIH Hockey Pro League
- 4.00 **National Futsal Series**
- 8.00 **Ligue 1 Show** A look ahead to upcoming action in France.
- 8.30 **DIY Pundit**
- 9.00 **The Aussie Rules Show**
- 10.00 **Ligue 1 Show**
- 10.30 **DIY Pundit**
- 11.00 **Test Cricket Highlights** A review of the third Test between West Indies and England.
- 1.00 AM **The Cricket's On**
- 2.00 **A-League Highlights**
- 3.00 **Badminton Unlimited**
- 3.30 **Inside Sailing**
- 4.00 to 6.00 AM **What Went Down: Joe Calzaghe**

Sky Sports Action

407 407 865 517 507 426 446

- 6.00 AM **NFL: America's Game**
- 7.00 **NFL Bitesize Highlights**
- 7.30 **Premier League Darts** A replay of the seventh night of the tournament at Rotterdam Ahoy.
- 11.00 **NFL Bitesize Highlights**
- 12.00 NOON **Good Morning Football**
- 3.00 PM **Fight Night** A re-run of the catchweight bout between Amir Khan and Kell Brook.
- 4.00 **Fight Night** A replay of Josh Taylor v Jack Catterall.
- 5.00 **NBC's Pro-Football Talk**
- 7.00 **LIVE Premier League Darts** Coverage of night eight taking place at the Utilita Arena Birmingham, featuring the quarter-finals, semi-finals and finals all in one night.
- 10.30 **Darts Gold** Highlights of Phil Taylor v James Wade at the 2010 Premier League final.
- 10.45 **Darts Gold** Action from the final of the 2007 World Championship.
- 11.00 **Top Rank Boxing Archive** Action from Ayub Kalule v Sugar Ray Leonard from 1981.
- 12.00 M'T **Total Access**
- 1.00 AM **NFL Bitesize Highlights**
- 2.00 **Premier League Darts**
- 5.30 to 6.00 AM **Darts Gold**

Sky Sports Mix

416 416 873 520 510 429 449

- 6.00 AM **NBA Basketball**
- 8.00 **Netball Superleague** Action from Loughborough Lightning v Manchester Thunder.
- 10.00 **Women's World T20 Classics**
- 10.20 **ICC Women's World Cup 2017** Archive action, featuring England v India in the final at Lord's.
- 10.55 **LIVE One-Day International Cricket Pakistan v Australia.** Coverage of the second ODI in the three-match series taking place at Rawalpindi Cricket Stadium.
- 7.00 PM **Sail GP** Action from the final event in San Francisco.
- 8.00 **Top Rank Boxing Archive** Action from Marvin Hagler v Thomas Hearns from 1985.
- 8.30 **Top Rank Boxing Archive** Action from George Foreman v Gerry Cooney from 1990.
- 9.00 **NFL Bitesize Highlights**
- 9.45 **Super Bowl LVI Highlights**
- 10.00 **Fight Night** Another chance to see the catchweight bout between Amir Khan and Kell Brook.
- 11.00 **Fight Night** A replay of Josh Taylor v Jack Catterall.
- 12.00 M'T **Top Rank Boxing Archive**
- 2.00 AM **Premier League Darts**
- 5.30 to 6.00 AM **Darts Gold**

BT Sport/ESPN

423 423 876 530 411 434

- 7.45 AM **Highlights**
- 8.00 **ESPN FC Football news.**
- 8.30 **College Basketball**
- 10.15 **ESPN SportsCenter**
- 10.30 **The Aussie Rules Show**
- 11.30 **Around the Horn**
- 12.00 NOON **ESPN FC Football news.**
- 12.30 PM **Pardon the Interruption**
- 1.00 **NCAA Basketball Tournament**
- 5.00 **ESPN FC Presents: Gab & Juls**
- 5.30 **ESPN SportsCenter**
- 5.45 **Around the Horn**
- 6.15 **Pardon the Interruption**
- 6.45 **ESPN SportsCenter**
- 7.00 **The Aussie Rules Show**
- 8.00 **BT Sport Reload**
- 8.30 **ESPN FC Presents: Gab & Juls**
- 9.00 **NCAA Championship**
- 12.00 M'T **The Aussie Rules Show**
- 1.00 AM **LIVE NCAA Baseball** Florida Gators v Georgia Bulldogs. From Foley Field.
- 4.30 **BT Sport Reload**
- 5.00 **The Outdoor Sports Show**
- 5.30 to 6.00 AM **ESPN FC Presents**

Eurosport 1

410 410 868 521 412 435

- 6.00 AM **Cycling: Strade Bianche**
- 7.00 **Motocross World Championship**
- 8.00 **Rally Raid: Extreme E**
- 9.00 **Figure Skating World Championships**
- 10.00 **Cycling: Across Flanders**
- 11.00 **Masters Snooker**
- 1.00 PM **Cycling: Gent-Wevelgem**
- 3.00 **Olympic Games: Hall of Fame**
- 4.00 **World Superbikes**
- 5.00 **Formula E The Diriyah ePrix.**
- 6.00 **Figure Skating World Championships**
- 8.00 **Cycling: Strade Bianche**
- 10.00 **Olympic Games: Hall of Fame**
- 11.00 **Motocross World Championship**
- 12.05 AM **Cycling: Milan-San Remo**
- 1.00 **Cycling: Across Flanders**
- 2.00 **Figure Skating World Championships**
- 4.00 **Olympic Games: Hall of Fame**
- 5.00 to 6.00 AM **Cycling: Across Flanders**

Eurosport 2

411 411 869 522 413 436

- 6.00 AM **World Superbikes**
- 9.00 **Cycling: Strade Bianche**
- 10.00 **Olympic Games Hall of Fame**
- 11.00 **Formula E The Diriyah ePrix.**
- 12.00 NOON **World Superbikes**
- 3.00 PM **World Touring Car Cup**
- 4.00 **Ski Jumping** From Slovenia.
- 5.00 **Cycling: Across Flanders**
- 6.00 **Cycling: E3 Saxo Bank Classic**
- 7.00 **Motocross World Championship** From Argentina.
- 8.00 **World Superbikes** Action from round 10 from Jerez, Spain.
- 9.00 **World Superbikes** Round 11 from Algarve International Circuit.
- 10.00 **World Superbikes** Round 12 from San Juan in Argentina.
- 11.00 **Cycling: Tour of Flanders**
- 12.00 M'T **Figure Skating World Championships**
- 1.00 AM **Olympic Games Hall of Fame**
- 2.00 **Snooker: Shoot-Out**
- 4.00 **FIA World Endurance Championship**
- 5.00 to 6.00 AM **World Superbikes**

Sky Sports Arena

408 408 866 518 508 427 447

- 6.00 AM **Rugby League Retro**
- 8.00 **Super League's Supermen**
- 9.00 **Rugby League Retro**
- 11.00 **Super League Highlights**
- 12.00 NOON **Top Rank Boxing Archive**
- 3.00 PM **Muggsy: Always Believe**
- 4.30 **NBA Basketball**
- 6.30 **NBA GameTime**
- 7.00 **Super League Highlights**
- 7.30 **LIVE Betfred Super League Wigan Warriors v Hull FC.** From DW Stadium. Kick-off 8pm.
- 10.15 **Super League Highlights**
- 10.30 **NBA Heatcheck**
- 11.00 **NBA Action**
- 11.30 **High Tops**
- 12.00 M'T **TNT Pre-Game Show**
- 12.30 AM **LIVE NBA Basketball Milwaukee Bucks v Brooklyn Nets.** Tip-off 12.30am.
- 3.00 **LIVE NBA Basketball Los Angeles Lakers v Utah Jazz.** Tip-off 3.00am.
- 5.30 to 6.00 AM **Inside the NBA**

Sky Sports F1

406 406 864 516 506 425 445

- 6.00 AM **F1: Best of 2021**
- 11.00 **The Inside Line**
- 11.30 **The Weekend Debrief**
- 12.00 NOON **Formula 1**
- 2.15 PM **Daniel Ricciardo's NASCAR** Run A vintage NASCAR vehicle.
- 2.25 **F1 Rivalries**
- 2.30 **The Inside Line**
- 3.00 **The Weekend Debrief**
- 3.30 **Formula 1** The Saudi Arabian GP.
- 4.30 **Any Driven Monday**
- 5.30 **Formula 2 Championship**
- 6.50 **Goodbye Kimi**
- 7.00 **The Inside Line**
- 7.30 **The Weekend Debrief**
- 8.00 **Formula 1** Another chance to see the Saudi Arabian Grand Prix at the Jeddah Corniche Circuit.
- 10.15 **Mick Schumacher Drives** The Jordan The Jordan 191.
- 10.30 **The Weekend Debrief**
- 11.00 **Formula 1** The Saudi Arabian GP.
- 12.00 M'T **The Weekend Debrief**
- 12.30 AM **The Inside Line**
- 1.00 to 6.00 AM **F1: Best of 2021**

Football



World Cup Draw
BBC1, 4.30pm

Coverage from Qatar, where the qualified teams find out their fixtures for this year's tournament, which begins in November.

Travelogue



Cruising with Susan Calman
C5, 9pm

The comedian embarks on a series of voyages, beginning by setting sail for the Canary Islands aboard the *Regal Princess*

OnDemand

Slow Horses
Available today
Jonathan Pryce co-stars in this six-part spy thriller, based on the novel by Mick Herron, about a group of failed MI5 agents

OnDemand

NETFLIX
The Bubble
Available today
David Duchovny stars as one of a group of actors trying to complete a film while stuck in a hotel inside a pandemic bubble

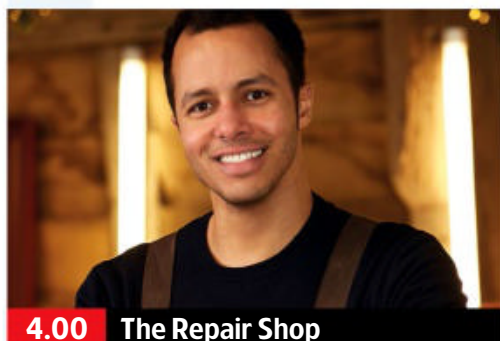
	7.00 PM	7.30 PM	8.00 PM	8.30 PM	9.00 PM	9.30 PM	10.00 PM	10.30 PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Question of...	8.00 Would I Lie to...	8.30 MasterChef	9.00 Have I Got...	9.30 Not Going Out	10.00 News; Local News
	102 BBC2	7.00 Lightning	7.30 Great British Menu: Banquet Special	8.30 Gardeners' World	9.30 Earth's Great Rivers II	10.30 Newsnight		
	103 ITV	6.30 News	7.30 Emmerdale	8.00 Coronation Street	9.00 Grantchester	10.00 News; Local News		
	104 CHANNEL 4	7.00 News	7.30 Unreported...	8.00 Grayson's Art Club	9.00 Gogglebox	10.00 Open House: The Great Sex...		
	105 CHANNEL 5	7.00 World's Most Scenic River Journeys	8.00 Kate Humble's Coastal Britain	9.00 Cruising with Susan Calman	10.00 Holidaying with Jane McDonald: The...			
	106 SKY SHOWCASE	7.00 The Simpsons	8.30 Modern Family	9.00 Rob & Romesh vs NBA Basketball	10.00 Late Late Show Best of the Week			
ENTERTAINMENT	117 BBC3	7.00 MasterChef Australia	9.00 Film: The Miseducation of Cameron Post	10.25 Love in the Flesh				
	116 BBC4	7.00 Dusty	8.00 TOTP: 1992	9.00 Neil Diamond at the BBC	10.00 Neil Diamond: Electric Prom			
	118 ITV2	7.00 Superstore	8.00 Bob's Burgers	9.00 Film: Ted 2				
	136 MORE4	6.55 Escape to the Chateau: DIY	7.55 Devon and Cornwall	9.00 The Crimson Rivers	10.20 24 Hours in A&E			
	135 E4	7.00 Hollyoaks	7.30 Teen First Dates	8.35 Big Bang...	9.00 Film: Bad Neighbours 2			
	107 SKY WITNESS	7.00 Nothing to Declare	8.00 Chicago Med	9.00 Chicago Fire	10.00 Chicago PD			
	108 SKY ATLANTIC	6.50 The Sopranos	7.55 Game of Thrones	9.00 Funeral for a Dog				
	110 GOLD	7.00 Ever Decreasing Circles	7.40 Dad's Army	9.00 The Good Life	9.40 Newark, Newark			
	111 DAVE	7.00 Richard Osman's...	7.40 Room 101	8.20 Would I Lie to You?	9.00 QI XL	10.00 Live at the Apollo		
	119 ITV3	6.50 Heartbeat	8.00 Doc Martin	10.00 Law & Order: UK				
	120 ITV4	7.15 Snooker: Tour Championship - Live: The evening session on day five at Venue Cymru in Llandudno	10.30 All Elite...					
	112 COMEDY CENTRAL	7.00 Friends	9.00 Lee Evans: XL Tour	10.00 The Complaints Department				
	152 SYFY	7.00 Quantum Leap	8.00 Fringe	9.00 Film: Moon Crash				
113 SKY MAX	7.00 Stargate SG-1	8.00 A League of Their Own	9.00 Rob & Romesh vs NBA Basketball	10.00 Brassic				
132 ALIBI	7.00 Rizzoli & Isles	8.00 Hudson & Rex	9.00 Limetown	10.20 Annika				
130 SKY ARTS	7.00 Bruce Springsteen - Live at the Paramount	8.15 Deep Purple: Perfect Strangers						
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush	9.00 Expedition Bigfoot	10.00 Legendary Locations				
	162 ANIMAL PLANET	7.00 How Do Animals Do That?	8.00 Restoration Wild	9.00 Born Mucky: Life on the Farm	10.00 I Was Prey			
	129 NAT GEO	7.00 Ancient China From Above	8.00 Dutch Caribbean Coastguards	9.00 Car S.O.S.	10.00 Colossal Machines			
	123 SKY HISTORY	7.00 Forged in Fire Tournament of...	8.00 Curse of the Ancients	9.00 Digging for Britain	10.00 Ray Winstone's Sicily			
	155 YESTERDAY	7.00 Great British Railway Journeys	8.00 The Architecture The Railways Built	9.00 Bangers and Cash				
	121 SKY DOCS	7.00 The Nineties	8.00 Escobar by Escobar	9.00 Film: The Alpinist				
FILMS - Sky Cinema	301 PREMIERE	6.15 People Just Do Nothing: Big in Japan	8.00 The Many Saints of Newark	10.05 Blacklight				
	303 HITS	6.00 District 9	8.00 Elysium	10.00 Knocked Up				
	304 GREATS	6.05 Love Story	8.00 The Bodyguard	10.10 Heat				
	305 ANIMATION	6.35 Scoob!	8.10 Shaun the Sheep Movie	9.40 Riverdance: The Animated Adventure				
	306 WIZARDING WORLD	5.40 Harry Potter and the Order of the...	8.00 Harry Potter and the Half-Blood Prince	10.35 Harry...				
	307 ACTION	5.50 Shooter	8.00 Battle: Los Angeles	10.05 Monster Hunter				
	308 COMEDY	6.00 Dinner for Schmucks	8.00 Delivery Man	10.00 The King of Staten Island				
	309 THRILLER	5.55 Unknown	8.00 Old	10.00 The Italian Job				
	310 DRAMA	5.55 Captain Fantastic	8.00 The Light Between Oceans	10.15 The Water Diviner				
	311 SCI-FI	6.00 Sleepy Hollow	8.00 The Forever Purge	9.50 Blade 2				
	302 GANGSTERS	6.15 Nobody	8.00 The Godfather					
313 FILM4	6.20 X-Men: Apocalypse	9.00 Kingsman: The Secret Service						
315 TCM MOVIES	6.50 Mars Attacks!	9.00 Zero Dark Thirty						
SPORT	401 MAIN EVENT	7.00 EFL - Live: Hull City v Huddersfield Town (Kick-off 7.45)	10.30 PGA Tour Golf...					
	402 PREMIER LEAGUE	7.00 PL Preview	7.30 PL Matchpack	8.00 Gary Neville's Soccerbox	9.00 PL Preview	9.30 PL Matchpack	10.00 Inside the WSL	10.30 PL Retro
	403 FOOTBALL	7.00 EFL - Live: Hull City v Huddersfield Town (Kick-off 7.45)	10.30 EFL Goals...					
	404 WORLD CUP	7.00 Test Cricket	8.00 One-Day International Cricket	9.00 IPL	10.00 Test Cricket			
	413 BT SPORT 1	7.00 Gallagher Premiership Rugby Union - Live: Sale Sharks v Saracens (Kick-off 7.45)	10.00 Rugby Stories	10.30 UEFA...				
414 BT SPORT 2	1.00 MotoGP - Live	8.00 PL Preview	8.30 Scottish...	9.00 UFC Main Event	10.00 WWE NXT UK			



BBC1

101 101/115 801 101 101 101 101/106

- 6.00 AM **Breakfast** (S)
- 9.15 **Morning Live** **New edition** (S)
- 10.00 **Animal Park Easter Special** (S)(R)
- 10.45 **Defenders UK** (S)(R)
- 11.15 **Homes Under the Hammer** (S)(R)
- 12.15 PM **Bargain Hunt** **New edition**
Charlie Ross presents from Southwell, Nottinghamshire. (S)(AD)
- 1.00 **BBC News** (S)
- 1.30 **Local News** (S)
- 1.45 **Shakespeare & Hathaway: Private Investigators** (S)(R)(AD)
- 2.30 **Money for Nothing** (S)(R)
- 3.00 **Escape to the Country** (S)(R)(AD)
- 4.00 **The Repair Shop** **New edition** (S)
- 4.45 **LIVE FIFA World Cup 2022**
Draw Coverage of the draw for the football World Cup Finals. (S)
Continues on BBC2
- 6.00 **BBC News** (S)
- 6.30 **Local News** (S)



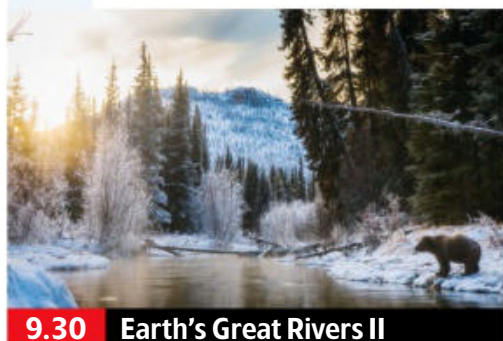
4.00 **The Repair Shop**

- 7.00 **The One Show**
Alex Jones presents the topical magazine show. (S)
- 7.30 **Question of Sport** **New edition** With Joe Marler, Fran Halsall, Joe Choong and Tom Scudamore. (S)
- 8.00 **Would I Lie to You?** **New edition** 10/11. Unseen material from the show. (S)
- 8.30 **MasterChef** **New edition** 6/18. The week's most talented four cooks contest a place in the semi-finals. (S)
- 9.00 **NEW SERIES**
Have I Got News for You 1/9. Clive Myrie hosts, with Andy Hamilton and Helen Lewis. (S)
- 9.30 **Not Going Out** **New episode** 2/7. Lee sends a rude text to Anna. (S12) (S)
- 10.00 **BBC News** (S)
- 10.25 **Local News** (S)
- 10.35 **FILM Braveheart**
Oscar-winning epic historical drama directed by and starring Mel Gibson as 13th-century Scottish warrior William Wallace, who led a ragged but courageous army against the English. Also stars Sophie Marceau, Patrick McGoohan and Catherine McCormack. (S) (1995, 15, 165min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
- 1.20 AM **Superman & Lois**
The Eradicator: 14/15. John Henry lets Jonathan in on his weapon-building projects, and Jordan gets closer to Sarah. (S1) (S)(R)(AD)
- 2.00 **Weather for the Week Ahead** (S)
- 2.05 to 6.00 AM **BBC News** (S)

BBC2

102 102/115 802 102 102 2 102 102/106

- 6.15 AM **Homes Under the Hammer** (R)
- 7.15 **The Repair Shop** (S)(R)
- 8.00 **Sign Zone: Great Coastal Railway Journeys** (S)(R)(AD)
- 8.30 **Sign Zone: Marcus Wareing's Tales from a Kitchen Garden** (S)(R)(AD)
- 9.00 **BBC News** (S)
- 12.15 PM **Politics UK** (S)
- 1.00 **FILM Blue Murder at St Trinian's**
Comedy. (S) (1957, b/w, U) ★★★
- 2.20 **The Heights** (S1) (S)(R)(AD)
- 2.50 **Nigel Slater's Middle East** (S)(R)
- 3.50 **Meet the Monkeys: Natural World** From Sulawesi. (S)(R)(AD)
- 4.45 **Flog It!** From Duxford. (S)(R)
- 5.15 **Pointless Celebrities** **New edition**
With Harry and Izzy Judd. (S)
- 6.00 **LIVE FIFA World Cup 2022**
Draw Further coverage. (S)
- 6.30 **Richard Osman's House of Games** **New edition** (S)



9.30 **Earth's Great Rivers II**

- 7.00 **Lightning** **New edition** Quick-fire quiz hosted by Zoe Lyons. (S)
- 7.30 **Great British Menu: Banquet Special** **Series finale** It's the final, with the chefs cooking their banquet dishes at Alexandra Palace for a selection of broadcasting stars. The chefs need to impress with every dish, as it is the guests who will choose the winner. (S)
- 8.30 **Gardeners' World** **New edition** Host Monty Don gets involved in more seasonal must-dos at Longmeadow, and Carol Klein celebrates some highlights of spring at Beth Chatto's Gardens in Essex. (S)
- 9.30 **Earth's Great Rivers II** **New edition** 3/4. Cameras focus on the Yukon, a river of wild extremes. Home to bears, moose and huge salmon, the riches of North America's frozen river have sustained people for centuries. (S)(AD)
- 10.30 **Newsnight** (S)
- 11.00 **Weather** (S)
- 11.05 **MOTDx** Football discussion presented by Jermaine Jenas. (S)
- 11.35 **The Misinvestigations of Romesh Ranganathan** 1/3. Examining high-profile deaths, beginning with Jimi Hendrix. (S)(R)(AD)
- 12.35 AM **Sign Zone: Beyond Reasonable Doubt: Britain's Rape Crisis** (S)(R)
- 1.35 **Sign Zone: Stacey Dooley: Inside the Convent** (S)(R)(AD)
- 2.35 to 6.30 AM **Previews** (S)

ITV

103 103/176 803 103 103/113 3 103 103/111

- 6.00 AM **Good Morning Britain** (S)
- 9.00 **Lorraine** (S)
- 10.00 **This Morning** (S)
- 12.30 PM **Loose Women** (S)
- 1.30 **ITV News** (S)
- 1.55 **Local News** (S)
- 2.00 **Dickinson's Real Deal** David Dickinson and the dealers pitch up in Newport, Gwent, where Aidan Pass has double trouble with a pair of petrol-heads, and every dealers' favourite – gold – makes mega bucks. (S)(R)
- 3.00 **Lingo** Word-based quiz presented by Adil Ray. (S)(R)
- 4.00 **Tipping Point** **New edition** Game show hosted by Ben Shephard. (S)
- 5.00 **The Chase** **New edition** Quiz show hosted by Bradley Walsh. (S)
- 6.00 **Local News** (S)
- 6.30 **ITV News** (S)



9.00 **Grantchester**

- 7.30 **Emmerdale**
Manpreet reconsiders her stance on testifying, Nate tries to rope Ryan into a pub session, and Moira is dismayed. (S)(AD)
- 8.00 **Coronation Street**
Kevin discovers Alfie's birth certificate, stating Imran is the father. Summer's friends worry about her insulin levels when she gets drunk, and Nick tells Sam that he has booked him a trip to the Space Centre. (S)(AD)
- 9.00 **Grantchester** **New episode** 4/6. A member of Will's own congregation is found murdered and it becomes clear that the victim was not quite the upstanding member of the community Will believed him to have been. (S7) (S)(AD)
- 10.00 **ITV News** (S)
- 10.30 **Local News** (S)
- 10.45 **FILM The Magnificent Seven**
Remake of the classic Western, starring Denzel Washington and Chris Pratt. A band of gunmen are hired to save a remote frontier town, whose residents are being used as forced labour. With Ethan Hawke and Vincent D'Onofrio. (S)(AD) (2016, 12, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
- 1.00 AM **Shop: Ideal World**
- 3.00 **Winning Combination** Quiz hosted by Omid Djalili. (S)(SL)(R)
- 3.50 **Unwind with ITV**
- 5.05 to 6.00 AM **Cash Trapped** Quiz hosted by Bradley Walsh. (S)(SL)(R)

+1 hour 203 114 35 112

CHANNEL 4

104/108 104/138 104 104/141 4 104 104

- 6.05 AM **Countdown** (S)(R)
- 6.45 **Cheers 18&19/22**. (S2) (S)(R)
- 7.40 **Everybody Loves Raymond** 3-5/22. (S1) (S)(R)(AD)
- 9.05 **Frasier** 21-23/24. (S6) (S)(R)(AD)
- 10.35 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
- 11.30 **News** (S)
- 11.35 **Undercover Boss USA** (S)(R)
- 12.30 PM **Steph's Packed Lunch** **New edition** Magazine. (S)
- 2.10 **Countdown** **New edition** (S)
- 3.00 **A Place in the Sun** (S)(R)
- 4.00 **A New Life in the Sun** (S)(R)
- 5.00 **Four in a Bed** **New edition** (S)
- 5.30 **Fame in the Family** **Series finale** 15/15. Carl Fogarty hosts a dinner party for four guests. (S)
- 6.00 **The Simpsons** (S)(R)(AD)
- 6.30 **Hollyoaks** Scott gets roped into editing Jack's crime novel. (S)(AD)



9.00 **Gogglebox**

- 7.00 **News** (S)
- 7.30 **Unreported World** **New edition** A report on Thailand's cryptocurrency boom, which has seen farmers and traders alike go crazy for digital currencies. (S)(AD)
- 8.00 **Grayson's Art Club** **New edition** Grayson Perry and his wife Philippa are joined by comedian Joe Wilkinson, who produces an artwork of his own on this week's theme – Normal Life. With contemporary artist Cornelia Parker. (S)(AD)
- 9.00 **Gogglebox** **New edition** The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)
- 10.00 **NEW SERIES Open House: The Great Sex Experiment** 1/6. A bold social experiment exploring whether relationships can thrive without monogamy. This first edition features Mady and Nathan from Wales and Jon and Danielle from Bolton. (S)
- 11.05 **8 Out of 10 Cats Does Countdown** With Harriet Kemsley. (S)(R)
- 12.05 AM **Jimmy Carr's I Literally Just Told You** 2/6. Game show. (S)(R)
- 1.05 **FILM G.I. Joe: The Rise of Cobra**
Action adventure starring Dennis Quaid and Christopher Eccleston. (S)(AD) (2009, 12, 120min) ★★★
- 3.05 **Come Dine with Me** (S)(R)
- 5.20 **Bidding Wars** (S)(R)
- 5.45 to 6.00 AM **Kirstie's Vintage Gems** (S)(R)

+1 hour 204/208 142 15 121

Friday

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 154 105 5 105 105 105

- 5.35 AM Milkshake!
- 9.15 Jeremy Vine (S)
- 12.15 PM Build a New Life in the Country Helping a couple who are downsizing to the Lincolnshire countryside. (S)(R)
- 1.10 News (S)
- 1.15 Home and Away (S)
- 1.45 Neighbours (S)
- 2.15 **FILM PREMIERE** Paralysed By Danger Thriller starring Jessica Morris and Anna Marie Dobbins. (S) (2021, PG, 105min) ★★
- 4.00 Filthy House SOS Richard and Brennan tackle a house in Neath, south Wales. (S)(R)
- 5.00 News (S)
- 6.00 Neighbours Nicolette is rattled by the prospect of Ishani moving in with Chloe. (S)(R)
- 6.30 Eggheads **New edition** Quiz. (S)



7.00 World's Most Scenic River...

- 7.00 **World's Most Scenic River Journeys** **Series finale** 10/10. A journey along America's Suwannee River, beginning in the Okefenokee Swamp. (S)
- 7.55 News (S)
- 8.00 **Kate Humble's Coastal Britain** **New edition** 5/8. The naturalist follows the iconic white cliffs of Dover on a 15-mile walk of surprising contrasts, beginning above Folkestone Harbour. (S)
- 9.00 **NEW SERIES** Cruising with Susan Calman 1/6. The comedian begins a series of voyages by setting sail on a cruise to the Canary Islands aboard the *Regal Princess*. Susan's first stop is the island of Gran Canaria. (S)
- 10.00 **Holidaying with Jane McDonald: The Caribbean** 1/4. The singer sets out on the trip of a lifetime as she island-hops solo around the Caribbean, beginning in Barbados – where she goes snorkelling. (S)(R)
- 11.05 **80s Greatest Pop Videos: 1987** **New edition** Memorable music videos from 1987. (S)
- 12.35 AM **Wonderful World of Chocolate** Documentary. (S)(R)
- 1.00 **21.co.uk Live Casino Show** (S)
- 3.00 **1999: Britain's Biggest Hits** The year's best songs. (S)(R)
- 4.10 **The Funny Thing About Growing Up** (S)(R)
- 5.00 to 5.25 AM **House Doctor** (R)

+1 hour 205 155 46 128

SKY SHOWCASE

106 106 806 110 109 340 355

- 6.00 AM The Early Rundown
- 7.00 Sky News Breakfast
- 8.00 Beth Rigby Interviews
- 9.00 Nothing to Declare (S)(R)
- 10.00 The Flash 8/18. (S7) (S)(R)
- 11.00 NCIS: New Orleans (S6) (S)(R)
- 1.00 PM Hawaii Five-0 (S3) (S)(R)
- 2.00 S.W.A.T. (S2) (S)(R)(AD)
- 3.00 Modern Family (S5) (S)(R)
- 4.00 Will & Grace (S5) (S)(R)(AD)
- 5.00 The Simpsons *Rosebud*: Mr Burns loses his beloved childhood teddy bear. (S)(R)
- 5.30 The Fresh Prince of Bel Air 7/25. Will decides to join the school poetry club. (S)(R)
- 6.00 8/25. Carlton and Will search for dates. (S1) (S)(R)
- 6.30 The Simpsons *Deep Space Homer*: Homer is selected by NASA to be sent into space. (R)



9.00 Rob & Romesh vs NBA

- 7.00 The Simpsons *Homer Loves Flanders*: Homer becomes Ned Flanders' best friend. (S)(R)
- 7.30 *Bart Gets an Elephant*: Bart wins an elephant which proceeds to eat the family out of house and home. (S)(R)
- 8.00 The Simpsons *Pixelated and Afraid*: Homer and Marge become lost in an icy wilderness. (R)
- 8.30 Modern Family 16/24. Phil and Luke spend time together. (S1) (S)(R)
- 9.00 **Rob & Romesh vs NBA Basketball** The duo learn about the sport, a journey that takes them from the street courts of Los Angeles to the home of the LA Lakers and the LA Clippers. (S)(R)(AD)
- 10.00 **Late Late Show Best of the Week** **New edition** The best moments from James Corden's hit US talk show.
- 11.00 **Peacemaker** 2/8. Tension and mistrust build following Peacemaker's escape. (S1) (R)
- 12.00 M/T **Bloods** 3/10. (S2) (S)(R)
- 12.30 AM **Sex and the City** 5&6/18. Double bill. (S3) (S)(R)
- 1.35 **Caught on Dashcam** (S)(R)(AD)
- 2.30 **Road Wars** (S)(R)
- 3.00 **Hawaii Five-0** (S3) (S)(R)
- 4.00 **S.W.A.T.** (S2) (S)(R)(AD)
- 5.00 to 6.00 AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 951, Virgin 862, Freesat 960
1.20am A View from the Terrace **New edition** (S)(R)
2.20 Weather for the Week Ahead (S) 2.25-6.00am BBC News (S)
N. IRELAND
Sky 953, Virgin 863, Freesat 957
No variations
WALES
Sky 952, Virgin 864, Freesat 964
7.30-8.00pm Weatherman Walking **New edition** (S) 10.35 **NEW** Cardiff Calling: 6 Music Festival 2022 (S) 11.15pm-2.00am **FILM** Braveheart (S) (1995, 15, 165min) ★★★★★

BBC2

N. IRELAND
Sky 972, Freesat 969
11.05pm Northern Irish... Mums (S)(R) 12.05-12.35am MOTDx (S)
WALES
Sky 971, Freesat 971
4.45pm Flog It! (S)(R) 5.05 Pointless Celebrities **New edition** (S) 5.50 Richard Osman's House of Games **New edition** (S) 6.20-8.30pm **LIVE** Scrum V (S)

ITV

As main ITV except:
WALES
7.00-7.30pm Coast & Country **New edition** (S)

S4C

Sky 134, Virgin 166, Freesat 120
6.00am Cyw 12.00noon Newyddion S4C a'r Tywydd 12.05pm Nyrsys 12.30 Heno 1.00 Cymoedd Roy Noble 1.30 Dau Gi Bach (AD) 2.00 Newyddion S4C a'r Tywydd 2.05 Prynghawn Da **New edition** 3.00 Newyddion S4C a'r Tywydd 3.05 Cynefin 4.00 Awr Fawr 5.00 Stwnsh 6.00 Gerddi Cymru 6.30 Anrhegion Melys Richard Holt (AD) 6.57 Newyddion S4C 7.00 Heno **New edition** 7.30 Newyddion S4C a'r Tywydd 8.00 Pobol y Cwm **New episode** (AD) 8.25 Welsh Whisperer – Ni'n Teithio Nawr **New edition** (AD) 8.55 Newyddion S4C a'r Tywydd 9.00 **NEW SERIES** Rybish 9.30 **NEW SERIES** Limbo 9.50 **NEW** Soco 10.05 Hyd y Pwrs 10.35-11.40pm Stad (AD)

TV&Satellite week
New issue on sale now

BBC3

117/141/173 107/157 23 109 179 107

BBC3 programmes start at 7.00pm



- 7.00 PM **MasterChef Australia** **New edition** The hopefuls face an elimination challenge.
- 8.35 **The Catch Up**
- 8.40 **NEW** *Becoming... The Batman*
- 9.00 **FILM** *The Miseducation of Cameron Post* Drama starring Chloë Grace Moretz and John Gallagher Jr. A teenager is sent away to a treatment centre and subjected to questionable gay conversion therapies. (2018, 15, 91min) ★★★★★
- 10.25 **Love in the Flesh** 3/8. Tension reaches fever pitch with new arrivals. 11.10 4/8. Relationships are tested to the max.
- 11.55 **Hot Property** Filly meets star of *The Apprentice*, Ryan-Mark Parsons.
- 12.25 AM **The Drop** The remaining creatives hit the skate park.
- 1.25 **Mood** 5/6. Sasha goes on a girls' work trip abroad. (S1)
- 2.10 **The Instagram Effect**
- 3.10 to 3.55 AM **Freeze: Back on Thin Ice**

MORE4

136 136 831 147 195 18 124

- 8.55 AM **Kirstie's Handmade Treasures** Book-binding.
- 9.15 **A Place in the Sun**
- 11.05 **Find It, Fix It, Flog It**
- 1.05 PM **Heir Hunters**
- 2.05 **Four in a Bed** Five editions of the B&B challenge series.
- 4.50 **Find It, Fix It, Flog It** Henry Cole and Simon O'Brien visit a military vehicle enthusiast.
- 5.55 **Car S.O.S** Fuzz and Tim visit Co Durham to fix-up an Austin Healey for a man who has Parkinson's disease.
- 6.55 **Escape to the Chateau: DIY** A storm leaves Lee and Belinda's castle keep in need of urgent repairs.
- 7.55 **Devon and Cornwall** David Jones and his daughter ready their heavy horses for a ploughing contest.
- 9.00 **The Crimson Rivers** **New episode** *Final Judgement – Part One*: A call from a scared felon prompts detectives Pierre Niemann and Camille Delaunay to visit a prison. Subtitled. (S3)
- 10.20 **24 Hours in A&E** A 74-year-old man is brought into A&E after suffering a suspected stroke.
- 11.20 **24 Hours in A&E** A nine-year-old boy has a dangerously high heart rate.
- 12.25 AM **8 Out of 10 Cats Does Countdown**
- 1.25 **24 Hours in A&E**
- 3.30 to 4.00 AM **Father Ted**

+1 hour 236 196 86 125

BBC4

116 116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM **Dusty** With special guest José Feliciano. 7.25 With Tom Jones.
- 7.50 **Sounds of the 60s** Featuring Craig Douglas, Joe Brown & the Bruvvers, and Peter & Gordon.
- 8.00 **TOTP: 1992** Featuring performances by Sade, Boy George and Boyz II Men. 8.30 With Stereo MC's and Crowded House.
- 9.00 **Neil Diamond at the BBC** A selection of the veteran singer's performances for the BBC over the decades.
- 10.00 **Neil Diamond: Electric Prom** The singer-songwriter performs at London's Roundhouse.
- 11.00 **Sings Neil Diamond** Performances from artists covering tracks by Neil Diamond, including UB40.
- 11.30 **How Pop Songs Work** Charles Hazlewood looks at what makes a good pop song.
- 12.30 AM **TOTP: 1992**
- 1.30 **Neil Diamond at the BBC**
- 2.30 to 3.20 AM **Dusty**

E4

135 135 830 106 145 13 122

- 6.00 AM **Hollyoaks**
- 7.00 **Ramsay's Kitchen Nightmares USA**
- 9.00 **Married at First Sight Australia**
- 10.30 **The Big Bang Theory**
- 11.00 **Young Sheldon**
- 12.00 NOON **Brooklyn Nine-Nine** 12&13/18 (S6)
- 1.00 PM **The Big Bang Theory**
- 3.00 **Young Sheldon**
- 4.00 **Brooklyn Nine-Nine**
- 5.00 **The Big Bang Theory** Four episodes. (S10&4)
- 7.00 **Hollyoaks** James tries to prove his innocence.
- 7.30 **Teen First Dates** An apprentice builder goes on a date with a special effects make-up student.
- 8.35 **The Big Bang Theory** 5/24. Sheldon re-evaluates the time he spends with Amy when she takes a job at the university. (S7)
- 9.00 **FILM** *Bad Neighbours 2* Comedy sequel starring Seth Rogen. A couple seek the aid of a former rival in fighting back against the raucous college sorority that moves in next door to them. (2016, 15, 90min) ★★
- 10.50 **Naked Attraction**
- 12.55 AM **First Dates**
- 1.55 **Gogglebox**
- 2.50 **Below Deck: Mediterranean**
- 3.45 to 6.00 AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235 146 30 123

Friday

primetime

primetime

Sky Witness

107 107 807 112 111 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **The Force: Manchester**
11.00 **Law & Order** 8/24. (S14)
12.00 NOON **Bull** 16/22. Jason seizes the opportunity to get a new trial for an old client. (S2)

1.00 PM **Blue Bloods** (S10)
3.00 **Coroner** 5/8. Jenny investigates the aftermath of a mass shooting. (S2)
4.00 **Paramedics Australia**
5.00 **Nothing to Declare**



9.00 **Chicago Fire**

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Storm City** Double bill.
8.00 **CSI** 20/24. (S6)
9.00 **The Sopranos** 5&6/13. (S5)
11.10 **Game of Thrones** 4/7. (S7)
12.15 PM **Raised by Wolves** (S1)
2.25 **Ray Donovan** 6-8/12. (S6)
5.40 **The Sopranos** 7/13. Tony meets his father's former lover Fran, while Christopher goes to collect a debt from screenwriter JT Dolan.
6.50 8/13. Carmela's father celebrates his birthday, and Tony Blundetto considers taking on a side job. (S5)



9.00 **Funeral for a Dog**

Sky Max

113/114 113/114 122 121 345 360

6.00 AM **Stargate SG-1** (S5)
8.00 **Arrow** 19/22. (S7)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 8/18. (S7)
11.00 **NCIS: New Orleans** (S6)
1.00 PM **Hawaii Five-0** 2/24. (S3)
2.00 **S.W.A.T.** 13/23. (S2)
3.00 **DC's Legends of Tomorrow**
4.00 **Arrow** 20/22. (S7)
5.00 **The Flash** 8/18. Barry's efforts to protect Speed Force Nora lead to a discovery. (S7)
6.00 **Stargate SG-1** 10/22. The team meet a new race. (S5)



10.00 **Brassic**

ITV2

118 118 816 115 176 6 113

6.00 AM **Dress to Impress**
7.00 **The Ellen DeGeneres Show**
8.00 **Love Bites**
9.00 **Secret Crush**
10.00 **Dress to Impress**
11.00 **Love Bites**
12.00 NOON **Supermarket Sweep**
1.00 PM **You've Been Framed!**
1.30 **Family Fortunes**
3.00 **The Ellen DeGeneres Show**
New edition With Ted Danson.
4.00 **Dress to Impress**
5.00 **You've Been Framed! Gold**
6.00 **Celebrity Catchphrase**



9.00 **Ted 2**

ITV3

119 119 817 117 177 10 115

6.00 AM **Classic Coronation Street**
7.00 **Classic Emmerdale**
8.05 **That's My Boy**
9.10 **Upstairs, Downstairs**
11.30 **Heartbeat**
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.45 **Midsomer Murders**
Strangler's Wood: Barnaby and Troy have to re-examine three unsolved murders.
5.45 **Heartbeat** *Midday Sun:* Nick suspects Greengrass of being involved in poaching.



5.45 **Heartbeat**

7 PM

7.00 **Nothing to Declare**
 Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Chicago Med**
New episode **What You Don't Know Can't Hurt You:** Dr Blake's surgical team collapses. (S7)

9 PM

9.00 **Chicago Fire**
New episode **Show of Force:** Boden, Kidd and Severide work to protect one of their own. (S10)

10 PM

10.00 **Chicago PD** *New episode* **To Protect:** The team strive to identify the head of the brutal Los Temidos gang. (S9)

11.00 **Law & Order: SVU** (S12)
12.00 M/T **The Rookie** 12/20. (S1)
1.00 AM **9-1-1** 8/18. (S5)
2.00 **Law & Order: SVU** (S9)
3.00 **Bull** 16/22. (S2)
4.00 **Road Wars**
5.00 to **6.00** AM **Brit Cops: Rapid Response**

+1 hour **207 206**

7.55 **Game of Thrones**
Eastwatch: 5/7. Daenerys makes an offer to the Lords of Westeros, while Tyrion worries about his Queen's behaviour. (S7)

9.00 **Funeral for a Dog**
New episode **Samuli:** 5/8. A journalist travels to Italy to interview a celebrated novelist.

10.00 **Funeral for a Dog**
New episode **Froglegs:** 6/8. The German drama starring Friedrich Mücke continues. Subtitled. (S1)

11.00 **Succession** 5/10. Kendall makes his case to Naomi Pierce. Meanwhile, Logan attends a weekend retreat at the Pierce family home. (S2)
12.05 AM **True Blood** 4-6/12. (S3)
3.30 **In Treatment** 8/28. (S3)
4.00 to **6.00** AM **Storm City**

+1 hour **208/209**

7.00 **Stargate SG-1**
Desperate Measures: 11/22. O'Neill must track down Carter when she goes missing. (S5)

8.00 **A League of Their Own**
 Andy Murray, Helen Skelton, Rob Beckett and Jimmy Carr guest on the comedy quiz.

9.00 **Rob & Romesh vs NBA Basketball**
 Rob Beckett and Romesh Ranganathan learn about the popular sport.

10.00 **Brassic** 8/8. McCann's men kidnap Tyler as a warning to Erin, so Vinnie abducts the crooked businessman's twins. (S3)

11.00 **Peacemaker** 2/8. Tension builds within the team. (S1)
12.00 M/T **DC's Legends of Tomorrow** 1/13. (S7)
1.00 AM **Caught on Dashcam**
2.00 **Road Wars**
3.00 **Hawaii Five-0** 2/24. (S3)
4.00 **S.W.A.T.** 13/23. (S2)
5.00 to **6.00** AM **Highway Patrol**

7.00 **Superstore** 2/22. Amy suspects that Dina is dealing with anxiety.
7.30 3/22. Amy turns to Jonah for advice. (S3)

8.00 **Bob's Burgers** 3/22. Linda takes flying lessons.
8.30 5/22. The Thanksgiving turkey ends up in the toilet. (S4)

9.00 **FILM Ted 2** Comedy sequel starring Mark Wahlberg and Amanda Seyfried. The foul-mouthed talking teddy bear fights a court case for the right to be legally recognised as a person. (2015, 15, 112min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Family Guy** 4/21. Meg accidentally spills her lunch on an unstable new pupil. (S12)
11.45 11/18. Peter forms a detective agency. (S13)
12.15 AM **American Dad!** (S13)
1.10 **Bob's Burgers** (S4)
2.10 to **3.00** AM **Superstore** (S3)

+1 hour **218 116 29 114**

6.50 **Heartbeat** *Turn of the Tide:* Nick goes undercover to investigate smuggling, while Kate is the bearer of bad news.

8.00 **Doc Martin** *Other People's Children:* 6/8. Louisa's ex-boyfriend brings seven children to camp on Ruth's farm.

9.00 **Doc Martin** *Facta Non Verba:* 7/8. A new art teacher wants to try out some alternative ideas on the children. (S7)

10.00 **Law & Order: UK**
Tick Tock: 4/6. Two killers go on a shooting rampage through the streets of London. (S5)

11.05 **Scott & Bailey** 1/8. Janet makes a gruesome discovery. Guest stars George Costigan and Nicola Walker. (S3)

12.05 AM **Midsomer Murders** *Fit for Murder:* John Nettles' final case as DCI Tom Barnaby.
2.05 to **2.30** AM **Unwind with ITV**

+1 hour **219 174 59 116**

BBC Scotland

SCOT 115 108 9 108 106
REST OF UK 194 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.30 **LIVE SportsScene: Friday Night Football**
 Greenock Morton v Kilmarnock: Coverage of the Championship match at Cappielow Park, where the title-chasing away team will start as favourites. Kick-off is at 7.45.
10.00 **Still Game** 1/7. Charismatic codgers Jack and Victor fight off fierce competition for the prime spot in the park on a hot summer's day. (S6)
10.30 **A View from the Terrace** *New edition*
 A sideways look at Scottish football.
11.30 PM to **12.00** M/T **Scary Adult Things**
 1/6. Duncan Cowles explores problems facing millennials.

Sky Comedy

114/115 135 123 346 361

8.00 AM **Parks and Recreation** (S7)
9.00 **Fresh Prince of Bel Air**
10.00 **Will & Grace** (S8)
11.30 **The Office (US)** (S9)
12.00 NOON **The Mindy Project** 6-9/22. (S2)
2.00 PM **A.P. Bio** (S3)
3.00 **Modern Family** (S5)
4.00 **Will & Grace** (S5)
4.50 **The Office (US)** (S9)
5.30 **Fresh Prince of Bel Air**
6.30 **Will & Grace** (S8)
8.00 **Parks and Recreation**
9.00 **Girls** 7&8/10. (S1)
10.00 **Late Late Show Best of the Week** *New edition*
 Highlights from the show.
11.00 **The Tonight Show**
Starring Jimmy Fallon *New edition* Chat show.
11.55 **Bloods** 3/10. (S2)
12.25 AM **Sex and the City**
1.30 **The Late Late Show with James Corden** *New edition* Talk show.
2.30 **A.P. Bio** 2-4/13. (S2)
4.00 to **5.00** AM **Everybody Hates Chris**

Sky Arts

130 130 165 140 11 147 364

6.00 AM **Highlights**
9.00 **Tales of the Unexpected**
10.00 **Discovering**
11.00 **Music Icons: Metalheads**
11.30 **Video Killed the Radio Star** Roxy Music.
12.00 NOON **Inside Art**
1.00 PM **Tales of the...**
2.00 **Discovering**
3.00 **Mystery of the Lost Paintings**
4.00 **Brunelleschi's Impossible Dome**
5.00 **Tales of the Unexpected**
6.00 **Discovering**
7.00 **Bruce Springsteen: Live at the Paramount**
8.15 **Deep Purple: Perfect Strangers** From 1984.
10.45 **Punk**
12.00 M/T **Discovering**
12.30 AM **Alanis Morissette: Live in Concert**
1.45 **Isle of Wight Festival Greatest Hits**
2.35 **Discovering: Muse**
3.05 **Muse Live at Rome Olympic Stadium**
5.00 to **6.00** AM **Landmark**

Pick

159 156 36 144

7.00 AM **Border Security: Canada's Front Line**
8.00 **Motorway Patrol**
9.00 **Police Force: Australia**
10.00 **Police Ten 7**
11.00 **Highway Cops**
12.00 NOON **Highway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: Canada's Front Line**
3.00 **Nothing to Declare**
4.00 **Stargate SG-1** (S3)
5.00 **Star Trek: The Next Generation** 7/26. (S4)
6.00 **Stargate Atlantis** (S1)
7.00 **Hawaii Five-0** (S2)
8.00 **Killer in My Village**
9.00 **Killer Colleagues**
10.00 **Grimm** 18/22. (S2)
11.00 **Killer Families**
12.00 M/T **Britain's Most Evil Killers** Russell Bishop.
1.00 AM **The Force: North East** Documentary.
2.00 **Nothing to Declare**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 to **6.00** AM **Police Force: Australia**

Comedy Central

112/113 181 132 344 370

8.00 AM **Last Man Standing**
9.00 **My Wife and Kids** (S3)
11.00 **Younger** 10-12/12. (S7)
1.00 PM **Friends** (S1&2)
7.00 **Friends** 3/24. The gang's neighbour Mr Heckles dies.
7.30 4/24. Phoebe reveals she is married.
8.00 5/24. Ross celebrates his birthday.
8.30 6/24. Monica inadvertently poisons Ross with some pie. (S2)
9.00 **Lee Evans: XL Tour**
 A 2005 show in Cardiff.
10.00 **The Complaints Department**
11.00 **NEW Nigel Ng's East Mode** Sketch show.
11.30 **Live at the Apollo**
12.30 AM **Kevin Hart Live: Laugh At My Pain - Uncut** Stand-up show.
2.20 **Desiree Burch: Comedy Central Live**
2.55 **Grouchy Young Men**
4.10 to **5.00** AM **Friends**

+1 hour **212/213 133**

ITV Be

131 119 179 28 119

7.00 AM **The Real Housewives of Cheshire**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Be Beautiful**
12.10 PM **The Real Housewives of Potomac**
1.05 **Gemma Collins: Diva Forever**
2.35 **The Only Way Is Essex**
3.15 **Little Women: LA**
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of Orange County**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **Botched** Paul Nassif helps a mother out of a 'snotty' situation.
10.00 A male model arrives from Prague.
11.00 **Atlanta Plastic**
11.55 **The Only Way Is Essex**
12.40 to **1.00** AM **Unwind with ITV**

+1 hour **120 58**

ITV4

120 120 818 118 178 26 117

- 6.00 AM **The Champions**
- 6.50 **The Avengers**
- 7.55 **The Professionals**
- 8.55 **Minder**
- 10.05 **The Champions**
- 11.05 **The Avengers**
- 12.10 PM **River Monsters**
- 12.45 **LIVE Snooker: Tour Championship** The afternoon session on day four from Venue Cymru in Llandudno.
- 4.00 **The Professionals**
- 5.05 **Minder**
- 6.10 **Extreme Salvage Squad**



4.00 **The Professionals**

- 7.05 **World of Sport** A look back at daredevil jumps.
- 7.15 **LIVE Snooker: Tour Championship** Jill Douglas presents coverage of the evening session on day five from Venue Cymru in Llandudno, featuring the conclusion of the opening semi-final. Commentary by David Hendon and Phil Yates, analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and reports by Rob Walker.
- 10.30 **All Elite Wrestling: Dynamite** Hard-hitting action from the world of All Elite Wrestling.
- 12.30 AM **The Professionals Runner**: Doyle finds himself targeted by an old enemy.
- 1.35 **Minder The Long Ride Back to Scratchwood**: An ex-footballer persuades Arthur to buy 2,000 tickets for a match.
- 2.45 to 3.00 AM **Unwind with ITV**

+1 hour 220 175 60 118

Syfy

152 152 836 139 138 347 362

- 6.00 AM **Quantum Leap** (S2)
- 7.00 **Star Trek: Enterprise** (S4)
- 8.00 **Teleshopping**
- 11.00 **Star Trek: Voyager** (S2)
- 12.00 NOON **Stargate Atlantis** (S4)
- 1.00 PM **The Librarians** (S3)
- 2.00 **V** 17/19. The Resistance employ a computer whizz-kid. (S3)
- 3.00 **Fringe** As 8.00pm.
- 4.00 **Stargate Atlantis** 7/20. (S4)
- 5.00 **Stargate SG-1** 21/22. (S3)
- 6.00 **Star Trek: Enterprise** 18/22. First of a two-part special set in a parallel universe. (S4)



2.00 **V**

- 7.00 **Quantum Leap Maybe Baby**: 20/22. Sam occupies the body of a nightclub bouncer. (S2)
- 8.00 **Fringe Letters of Transit**: 19/22. The crew travels to the year 2036 to battle the Observers, who seized control in 2015. (S4)
- 9.00 **FILM Moon Crash** Sci-fi thriller starring Jeremy London. A lunar drilling accident causes a giant piece of the moon to hurtle toward Earth, leading to a race against time to save the planet. (2022, 15, 89min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.00 **Stargate SG-1** 21/22. (S3)
- 12.00 **M*T Grimm** 8/22. Two teenagers are kidnapped. (S3)
- 1.00 AM **Stargate Atlantis** (S4)
- 2.00 **Star Trek: Enterprise** (S4)
- 3.00 **Star Trek: Voyager** (S2)
- 4.00 **Fringe** As 8.00pm.
- 5.00 to 6.00 AM **V**

+1 hour 229

Alibi

132 132 827 126 212

- 7.10 AM **Murdoch Mysteries** (S1)
- 9.00 **Unforgettable** 2/13. (S3)
- 10.00 **Major Crimes** 12/23. (S4)
- 11.00 **Rizzoli & Isles** 4/18. (S5)
- 12.00 NOON **Death in Paradise**
- 1.00 PM **Father Brown**
- 2.00 **Murdoch Mysteries** (S12)
- 4.00 **Unforgettable** 3/13. (S3)
- 5.00 **Major Crimes** 13/23. Sanchez is haunted by memories of his late wife while investigating a murder. (S4)
- 6.00 **Death in Paradise** 4/8. A treasure hunter is killed. (S2)



9.00 **Limetown**

- 7.00 **Rizzoli & Isles Doomsday**: 4/18. The team investigate the murder of a man found in his fallout shelter. (S5)
- 8.00 **Hudson & Rex Trial and Error**: 7/16. Sarah finds herself in the middle of a hostage situation at a medical testing lab. (S1)
- 9.00 **Limetown** 3/10. Lia and Mark search for the next Limetown survivor. **9.40** 4/10. The second survivor reveals more about Limetown. (S1)
- 10.20 **Annika** 5/6. A man is found dead after being thrown in the river from a party boat. (S1)
- 11.25 **Death in Paradise** As 6pm.
- 12.25 AM **Unforgettable** 3/13. An ambitious news reporter is killed after breaking a story about a sex scandal. (S3)
- 1.25 **Rizzoli & Isles** As 7pm.
- 2.25 to 4.00 AM **Murdoch Mysteries**

+1 hour 232 191

GOLD

110/111 110/111 124 343 358

- 7.10 AM **Highlights**
- 8.30 **Ever Decreasing Circles**
- 9.10 **Hi-de-Hi!**
- 9.50 **Last of the Summer Wine**
- 11.10 **The Green Green Grass**
- 11.50 **Dad's Army**
- 1.10 PM **Victoria Wood**
- 1.50 **The Good Life**
- 2.30 **Desmond's**
- 3.05 **The Green Green Grass**
- 3.40 **Dad's Army**
- 4.20 **Last of the Summer Wine**
- 5.40 **Hi-de-Hi!**
- 6.25 **Desmond's**



7.40 **Dad's Army**

- 7.00 **Ever Decreasing Circles** Martin takes over the local Neighbourhood Watch.
- 7.40 **Dad's Army** A major from Area HQ decides Corporal Jones is too old to be in the Home Guard.
- 8.20 **The platoon** try to earn the right to guard Winston Churchill.
- 9.00 **The Good Life** Tom sets out to catch a thief stealing from the garden.
- 9.40 **Newark, Newark** 1/3. It's Maxine's 40th birthday, but her son Leslie has big plans to hog the spotlight. **10.20** 2/3. Maxine takes a leap of faith in hiring Leslie at the chippy. (S1)
- 11.00 **Newark, Newark** 3/3. Leslie and Amber embark on a double date. (S1)
- 11.40 **Peep Show**
- 12.50 AM **Victoria Wood**
- 1.25 **The Interviews**
- 2.35 **Hi-de-Hi!**
- 3.05 to 4.00 AM **Peep Show**

+1 hour 210/211 194

Dave

111/112 127 227 19 157

- 7.10 AM **Cop Car Workshop**
- 8.00 **Timber Kings**
- 9.00 **Storage Hunters UK**
- 10.00 **Top Gear**
- 11.00 **Expedition with Steve Backshall** From Greenland.
- 12.00 NOON **Red Bull Soapbox Race**
- 1.00 PM **Border Force: America's Gatekeepers**
- 2.00 **Expedition with Steve...**
- 3.00 **Rick Stein's Long Weekends**
- 4.00 **Red Bull Soapbox Race**
- 5.00 **Rick Stein's Long Weekends**
- 6.00 **Taskmaster**



10.00 **Live at the Apollo**

- 7.00 **Richard Osman's House of Games** With Hugh Dennis and Nish Kumar.
- 7.40 **Room 101** With guests Alex Brooker, Jeremy Paxman and Sally Phillips.
- 8.20 **Would I Lie to You?** With Patrick Kielty, Mark Watson, Bernard Cribbins and Deborah Meaden.
- 9.00 **QI XL** Guests Susan Calman, Joe Lycett and Holly Walsh join host Sandi Toksvig and regular panellist Alan Davies.
- 10.00 **Live at the Apollo** Gina Yashere introduces stand-up comedy routines by Lost Voice Guy and Ed Gamble.
- 11.00 **Mock the Week**
- 11.40 **Meet the Richardsons**
- 12.20 AM **Big Zuu's Big Eats**
- 1.00 **QI XL** With Richard Osman.
- 1.40 **Would I Lie to You?**
- 2.15 **Live at the Apollo: Christmas Special**
- 3.15 to 4.00 AM **Ladhood**

+1 hour 211 131 74

7 PM

8 PM

9 PM

10 PM

GREAT! tv

157 189 50 142

- 6.00 AM **Charlie's Angels**
- 7.00 **Crazy Like a Fox** (S1)
- 8.00 **Highway to Heaven**
- 10.00 **FILM Valentine Ever After** Romantic drama. (2016, PG, 84min) ★★
- 11.50 **GREAT! Movie News**
- 12.00 NOON **Sue Thomas: F.B. Eye** 4/19. (S1)
- 1.00 PM **Perception** (S3)
- 2.00 **Body of Proof** (S2)
- 3.00 **Castle** 22/22. (S8)
- 4.00 **Murder, She Wrote**
- 7.00 **M*A*S*H** Four episodes of the series including: **8.00** 5/22. Hawkeye decides to write to President Truman. **8.30** 6/22. Colonel Potter receives a traffic ticket. (S10)
- 9.00 **Who Wants to Be a Millionaire?**
- 1.00 AM **M*A*S*H** (S10)
- 3.00 **Hart to Hart** (S3)
- 3.45 **Crazy Like a Fox** (S1)
- 4.30 to 6.00 AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 203 49 127

- 9.00 AM **Four in a Bed**
- 9.30 **Come Dine with Me**
- 10.30 **A New Life in the Sun**
- 11.30 **A Place in the Sun**
- 2.30 PM **Come Dine with Me**
- 5.00 **A Place in the Sun**
- 6.00 **A New Life in the Sun**
- 7.00 **Britain's Most Expensive Houses**
- 8.00 **Kirstie and Phil's Love It or List It** Kirstie and Phil help a couple in Cowbridge, Wales.
- 9.00 **Extraordinary Escapes with Sandi Toksvig** 6/6. The presenter and Jenny Eclair explore Wales.
- 10.00 **Grand Designs** A couple building a home-cum-work of art in south Devon.
- 11.05 **Gogglebox**
- 1.15 AM **The Great Celebrity Bake Off for Stand Up to Cancer**
- 2.35 **Naked Attraction**
- 3.35 to 4.35 AM **Open House: The Great Sex Experiment**

+1 hour 241 185 130

5USA

141 141 153 21 129

- 9.00 AM **NCIS** (S8)
- 10.55 **Entertainment News**
- 11.00 **NCIS** 23/24. (S8)
- 12.00 NOON **Law & Order**
- 1.55 PM **Entertainment News**
- 2.00 **Law & Order** (S19)
- 3.55 **Entertainment News**
- 4.00 **Law & Order** (S19)
- 6.00 **NCIS A Desperate Man**: 13/24. A navy lieutenant commander's body is found in an apartment.
- 7.00 **Life Before His Eyes**: 14/24. A man pulls a gun on Gibbs at his favourite diner.
- 8.00 **Secrets**: 15/24. A navy captain leading a double life is killed.
- 9.00 **Psych Out**: 16/24. A navy reservist is found dead. (S9)
- 10.00 **Law & Order: Special Victims Unit** (S14&13)
- 1.50 **Law & Order: Criminal Intent** (S2)
- 3.35 to 4.00 AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

- 8.00 AM **Criminals: Caught on Camera**
- 8.20 **Shoplifters & Scammers**
- 9.10 **Filthy House SOS**
- 10.10 **Judge Judy**
- 12.00 NOON **Traffic Cops**
- 2.00 PM **Police Interceptors**
- 5.00 **Shoplifters & Scammers**
- 6.00 **Home and Away**
- 7.00 **The World's Most Expensive Hotels**
- 8.00 **Million Pound Barges: Luxury Living**
- 9.00 **FILM Robin Hood** Action adventure. (2018, 12, 116min) ★★
- 11.10 **FILM Empire State** Crime thriller. (2013, 15, 90min) ★★
- 1.15 AM **Adults Only: Cam Girl Millionaires**
- 2.15 **Adults Only: Pain for Pleasure**
- 3.10 **Judge Judy**
- 3.50 to 4.00 AM **Entertainment News**

+1 hour 228 186 141

W

109/110 125 211 25 156

- 6.10 AM **My Dream Home**
- 8.00 **Tipping Point**
- 10.00 **The Bill**
- 11.00 **Inside the Vets**
- 12.00 NOON **Inside the Ambulance**
- 2.00 PM **Tipping Point**
- 4.00 **My Dream Home**
- 6.00 **MasterChef USA: Legends** Sherry Yard joins the judges.
- 7.00 **Property Brothers: Forever Homes**
- 8.00 **Inside the Ambulance** **New edition** The paramedics race to a lorry driver with a branch through his windshield.
- 9.00 **999 Rescue Squad** The team are called to a fire in a chemicals factory.
- 10.00 **Gavin & Stacey** Triple bill of the comedy.
- 12.00 **M*T Inside the Ambulance** As 8.00pm.
- 1.00 to 3.00 AM **Tipping Point**

+1 hour 209/210 190

Drama

143 130 20 158

- 7.00 AM **Last of the Summer Wine**
- 7.40 **Hetty Wainthropp Investigates**
- 8.35 **The Bill**
- 9.35 **Classic Holby City**
- 10.55 **Classic Casualty**
- 12.00 NOON **The Bill**
- 1.00 PM **Classic EastEnders**
- 2.20 **Hetty Wainthropp Investigates**
- 3.20 **Lovejoy**
- 4.20 **Pie in the Sky**
- 5.20 **Last of the Summer Wine** Classic sitcom.
- 6.00 **Are You Being Served?**
- 6.40 **Last of the Summer Wine** Double bill.
- 8.00 **Father Brown**
- 9.00 **Sister Boniface Mysteries** **New episode** *My Brother's Keeper*: 4/10. An artist is found murdered. (S1)
- 10.00 **New Tricks**
- 11.20 **Silent Witness**
- 1.55 to 4.00 AM **Kavanagh QC**

+1 hour 243 226 60

CBS Drama

147 197 68 134

9.00 AM Perry Mason
 11.00 Matlock 11/22. (S6)
 12.00 NOON Medium (S1)
 1.00 PM JAG (S6)
 3.00 Perry Mason
 5.00 Unsolved Mysteries
 6.55 Judge Judy Real-life small-claims cases.
 9.00 Medium Coded: 9/16. Ariel's recurring dreams leave Joe worried she has inherited her mother's psychic gift. Allison tries to help her interpret the visions, but the girl later disappears while pursuing a clue. (S1)
 10.00 Unsolved Mysteries Reports of a serial killer on the loose and buried treasure.
 11.00 Exploring the legend of Bigfoot and the case of a con artist.
 11.55 Judge Judy
 2.00 AM Medium As 9pm.
 3.00 Evidence of Evil
 4.00 Something's Killing Me
 4.55 to 6.00 AM Matlock

CBS Justice

148 192 41 137

9.00 AM Diagnosis Murder
 11.00 The Fugitive (S3)
 12.00 NOON Perry Mason
 1.05 PM Walker, Texas Ranger 1&2/27. (S4)
 3.00 CSI: Miami 18/24. (S3)
 4.00 NCIS 17/24. (S10)
 5.00 The Fugitive (S3)
 6.00 Perry Mason
 7.05 Walker, Texas Ranger 3&4/27. Double bill. (S4)
 9.00 CSI: Miami Game Over: 18/24. The team investigate a video game company when one of their testers is found dead on a road. (S3)
 10.00 NCIS Prime Suspect: 17/24. Gibbs's barber suspects his son may be a serial killer. (S10)
 11.00 Diagnosis Murder
 1.00 AM Walker, Texas Ranger 3&4/27. (S4)
 2.55 JAG 11/24. (S3)
 3.55 Donal MacIntyre: Unsolved
 4.40 to 6.00 AM Medical Detectives

Challenge

160 160 48 146

7.00 AM The Chase
 10.00 Play Your Cards Right
 11.00 The Price Is Right
 12.00 NOON Wheel of Fortune Double bill.
 1.00 PM Catchphrase
 2.00 The Cube Triple bill.
 5.00 Bullseye Double bill.
 6.00 Tenable Five friends who work in the building trade compete.
 7.00 Pointless Celebrities Soap stars including Stefan Dennis and Rebekah Elmaloglou from Neighbours and EastEnders' Nina Wadia and Laila Morse take part in the quiz show.
 8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
 10.00 Who Wants to Be a Millionaire? Chris Tarrant hosts the big-prize quiz show.
 11.00 Bullseye Double bill.
 12.00 M'T The Chase
 5.00 to 6.00 AM Bullseye

E!

151 151 835 164 163

7.00 AM Kourtney & Kim Take Miami
 8.00 Keeping Up with the Kardashians
 11.00 Dash Dolls
 12.00 NOON News: Daily Pop
 1.00 PM Keeping Up with the Kardashians
 7.00 Botched A patient seeks help with her breast, which looks like an elephant's trunk.
 8.00 Terry Dubrow helps to give a three-breasted woman the perfect pair.
 9.00 Hollywood Medium with Tyler Henry With Giuliana Rancic, Katy Mixon, Christina El Moussa and Taye Diggs.
 10.00 Nightly Pop
 10.30 The Bradshaw Bunch The Bradshaws take a holiday in Hawaii.
 11.00 PM to 12.00 M'T Dr 90210 A beauty queen consults Dr Rey about breast implants.

Sky Documentaries

121 121 819 278 277 352 367

6.00 AM The Scheme
 8.10 Harrow: A Very British School
 9.00 Discovering: Helen Mirren
 10.00 The Directors
 11.00 Too Young to Die
 12.00 NOON The Nineties
 1.00 PM Escobar by Escobar
 2.00 FILM 89 Football documentary. (2017, PG, 91min) ★★★
 3.40 My Icon: Chris Powell
 4.00 Discovering: Helen Mirren
 5.00 The Directors
 6.00 Too Young to Die
 7.00 The Nineties
 8.00 Escobar by Escobar
 9.00 FILM The Alpinist Documentary. (2021, 12, 92min) ★★★★★
 10.45 I Am Heath Ledger
 12.30 AM Disgraced
 2.30 Manhunt: The Search for Bin Laden
 4.30 PL Legends: Juninho
 5.00 to 6.00 AM Harrow: A Very British School

Sky Nature

124 124 822 280 279 354 369

6.00 AM The Wild Wild East
 7.00 Monkey Life
 8.00 Pridelands: Wilderness Reborn Documentary.
 9.00 Big Cats: An Amazing Animal Family
 10.00 Amazing Animal Friends
 11.00 Orangutan Jungle School Documentary.
 12.00 NOON Hope for Wildlife
 1.00 PM Monkey Life
 2.00 Pridelands...
 3.00 Big Cats: An Amazing...
 4.00 Amazing Animal Friends
 5.00 Orangutan Jungle...
 6.00 Hope for Wildlife
 7.00 Monkey Life
 8.00 A Wild Year on Earth
 9.00 Malawi Wildlife Rescue
 10.00 Orangutan Jungle...
 11.00 Hope for Wildlife
 12.00 M'T Rewilding
 1.00 AM Wild Pacific Rescue
 2.00 A Wild Year on Earth
 3.00 Malawi Wildlife Rescue
 4.00 Pridelands...
 5.00 to 6.00 AM Big Cats: An Amazing Animal...

HGTV

158 286 44 166

7.00 AM Homes Under the Hammer From London.
 8.00 Fantasy Homes by the Sea From Puglia, Italy.
 9.00 A Place in the Sun: Home or Away
 10.00 Escape to the Country
 12.00 NOON Love Your Garden From Surrey.
 1.00 PM Fixer Upper
 2.00 A Place in the Sun
 3.00 Fantasy Homes by...
 4.00 Building the Dream
 5.00 Homes Under the...
 6.00 A Place in the Sun
 7.00 Escape to the Country
 8.00 Love Your Garden
 9.00 100 Day Dream Home
 10.00 My Mortgage Free Home From Suffolk.
 11.00 Fixer Upper
 12.00 M'T Escape to the Country From Dorset.
 1.00 AM Building the Dream
 2.00 Homes Under the...
 3.00 to 4.00 AM Extreme Makeover: Home Edition

+1 hour 258 290

Food Network

140 285 43 148

6.00 AM Tom Kerridge Barbecues
 7.00 The Pioneer Woman
 8.00 Guy's Grocery Games New edition
 9.00 Friday Night Feast
 10.00 Ainsley's Food We Love
 11.00 Nigel's Real Food Show
 12.00 NOON Great British...
 1.00 PM Friday Night Feast
 2.00 French Adventures
 3.00 Rachel's Easy Meals
 4.00 Ainsley's Food We Love
 5.00 The Pioneer Woman
 5.30 Delicious Miss Brown New edition
 6.00 Barefoot Contessa: Back to Basics
 6.30 Girl Meets Farm
 7.00 The Great British Bake Off: The Final
 8.00 Chopped New edition
 9.00 Friday Night Feast
 10.00 Nigel's Real Food Show
 11.00 Restaurant: Impossible
 12.00 M'T Guy's Grocery...
 1.00 to 3.00 AM Highlights

+1 hour 240 149

DMAX

172 171 39 150

6.00 AM Salvage Dawgs
 7.00 Tanked
 8.00 Treehouse Masters
 9.00 Yukon Men
 10.00 Alaska: Last Frontier
 11.00 Life Below Zero
 12.00 NOON Last Alaskans
 1.00 PM Building Alaska
 2.00 Maine Cabin Masters
 3.00 Jade Fever
 4.00 Destroyed in Seconds
 5.00 Alaskan Bush People
 6.00 Outback Opal Hunters
 7.00 Deadliest Catch
 8.00 Alaska: Last Frontier
 9.00 Kindig Customs
 10.00 Garage Rehab
 11.00 Life Below Zero
 12.00 M'T Edge of Alaska
 1.00 AM Naked and Afraid
 2.00 Kindig Customs
 3.00 Bear Grylls: Born Survivor
 3.50 Tanked
 4.40 Maine Cabin Masters
 5.30 to 6.00 AM Salvage Dawgs

+1 hour 272 214 151

5Action

150 187 150 33 132

9.00 AM Criminals: Caught on Camera
 9.35 Traffic Cops
 11.35 FILM Northwest Mounted Police Adventure. (1940, U) ★★
 2.05 PM FILM The 7th Voyage of Sinbad Fantasy. (1958, U, 87min) ★★★★★
 4.00 Trucking Hell
 5.00 Traffic Cops
 7.00 Police Interceptors
 9.00 Traffic Cops A team of officers pursue a stolen HGV on the M1.
 10.00 Frontline Police 24/7
 11.00 Police: Hour of Duty
 12.00 M'T Fights, Camera, Action! Terrifying fights.
 1.00 AM Criminals: Caught on Camera
 2.00 Street Crime UK: Caught on Camera
 3.00 Banged Up Abroad
 3.50 Domsday: Caught on Camera
 4.35 to 5.00 AM Criminals: Caught on Camera

Sky Crime

122 122 820 137 136 348 363

6.00 AM Highway Patrol
 7.00 Caught Red Handed
 8.30 Customs UK
 9.00 Nothing to Declare
 10.00 Brit Cops
 11.00 Road Wars
 12.00 NOON Murders That Shocked the Nation
 1.00 PM New York Homicide
 2.00 Britain's Most Evil Killers
 3.00 World's Most Evil Killers
 4.00 Killer in My Village
 5.00 Killer Lovers
 6.00 World's Most Evil Killers
 7.00 Killer in My Village
 8.00 Britain's Most Evil Killers
 9.00 New York Homicide New edition
 10.00 Murdered at First Sight
 11.00 Britain's Most Evil Killers
 12.00 M'T World's Most Evil...
 1.00 AM Catching the Killer
 2.00 Snapped
 3.00 Murders That Shocked...
 4.00 Brit Cops
 5.00 to 6.00 AM Motorway Patrol

+1 hour 222 207

CBS Reality

146 148 67 135

9.00 AM Judge Judy
 1.00 PM Judge Judy
 7.00 Medical Detectives A man is found shot dead in his home.
 7.30 Police are forced to turn to microscopic clues for answers.
 8.00 Forensics A mother frantically calls the police after finding her daughter's body face-down on the floor.
 9.00 Murder By the Sea Focusing on the case of Robert Henry Davies.
 10.00 Evidence of Evil
 11.00 Secrets of a Psychopath A complex investigation in Ireland.
 12.00 M'T Teens Who Kill
 1.00 AM Murder By the Sea
 2.00 Evidence of Evil
 3.00 Forensics
 3.45 Unsolved Mysteries
 5.10 to 6.00 AM The Jury Room

+1 hour 246 201 136

Really

142 128 17 160

6.00 AM Celebrity Fantasy Homes Michelle Collins.
 7.00 Teleshopping
 8.00 Homes Under the Hammer Double bill.
 10.00 Celebrity Antiques Road Trip
 11.00 Antiques Road Trip
 12.00 NOON Money for Nothing An old swing.
 1.00 PM A Place in the Sun
 2.00 It's Me or the Dog
 3.00 Animal Cops Houston
 4.00 Pit Bulls & Parolees
 5.00 Countryside 999
 6.00 Money for Nothing
 7.00 Celebrity Antiques Road Trip
 8.00 Antiques Road Trip
 9.00 Fright Club New edition
 10.00 Ghost Adventures New edition
 11.00 Ghost Adventures
 1.00 AM Kindred Spirits
 2.00 Teleshopping
 4.00 Animal Cops Houston
 5.00 to 6.00 AM Pit Bulls & Parolees

Blaze

164 216 64 162

6.00 AM Hardcore Pawn
 7.55 American Restoration
 8.25 Ancient Aliens: Secret Science
 9.25 Ancient Aliens
 10.20 Storage Wars Canada
 11.15 Storage Wars
 12.10 PM Pawn Stars
 2.05 Hardcore Pawn
 4.00 Ancient Aliens: Secret...
 5.00 Ancient Aliens
 6.00 UFO Hunters
 7.00 Unidentified: Inside America's UFO Investigation
 8.00 Inside Area 51's Secrets Documentary.
 9.00 NEW The Observers
 11.30 NEW Indistinguishable from Magic
 1.10 AM Roswell: The First Witness Double bill.
 3.00 Unidentified...
 3.45 UFO Hunters
 4.35 Counting Cars
 5.00 to 6.00 AM Inside Area 51's Secrets

+1 hour 81

TLC

133 133 828 167 323 377

6.00 AM Say Yes... UK
 8.00 Say Yes... Lancashire
 9.00 Curvy Brides Boutique
 10.00 Say Yes to the Dress
 11.00 Extreme Couponing
 12.00 NOON Nate & Jeremiah by Design
 1.00 PM Good Bones
 2.00 Sister Wives
 4.00 Dr Pimple Popper
 5.00 sMothered
 6.00 Love After Lock Up
 7.00 Say Yes... Lancashire
 8.00 Addicted to Marriage
 9.00 Celebrity IOU
 10.00 Heartbreak Island
 11.00 Dr Pimple Popper: Pop Ups A woman with a giant bump on her face.
 12.00 M'T Addicted to Marriage Ernst worries about finances.
 1.00 AM Celebrity IOU
 2.00 Heartbreak Island
 3.00 Say Yes... UK
 5.00 to 6.00 AM Say Yes to the Dress: Lancashire

+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM Entertainment News
 9.05 GPs: Behind Closed Doors Documentary.
 10.05 The Yorkshire Vet
 11.00 The Yorkshire Vet Casebook
 12.00 NOON The Dog Rescuers with Alan Davies Double bill.
 2.00 PM GPs: Behind Closed Doors Triple bill.
 5.00 The Yorkshire Vet
 6.00 Watercolour Challenge
 7.00 The World's Most Scenic Railway Journeys
 9.00 Around the World by Train with Tony Robinson Exploring southern Europe.
 10.00 Wogan: Now You're Talking Documentary.
 11.30 When TV Favourites Go Horribly Wrong
 2.35 AM Jo Brand: 30 Years of Funny
 3.25 Around the World by Train with Tony...
 3.50 to 4.00 AM Entertainment News

Quest

144 144 834 169 12 114 172

6.00 AM How Do They Do It?
 6.20 Find It, Fix It, Flog It
 7.10 Shed and Buried
 8.00 The Repair Shop
 9.00 Kings of the Wood
 10.00 Chasing Classic Cars
 11.00 Vintage Voltage
 12.00 NOON Wheeler Dealers
 1.00 PM Antiques Road Trip
 2.00 The Repair Shop
 3.00 Find It, Fix It, Flog It
 4.00 Salvage Hunters
 5.00 Salvage Hunters: The Restorers
 6.00 Wheeler Dealers
 7.00 Aussie Gold Hunters
 8.00 Salvage Hunters
 9.00 NEW Alien Invasion: Hudson Valley
 11.00 How Do They Do It?
 12.00 M'T Wheeler Dealers
 1.00 AM Disasters at Sea
 2.00 Iron Resurrection
 3.00 Fantomworks
 4.00 Mega Shippers
 5.00 to 6.00 AM How It's Made

+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM Say Yes... UK
 7.00 Say Yes... Atlanta
 8.00 Say Yes... Vegas Dress
 9.00 Animal Cops Houston
 10.00 Animal Cops Philadelphia
 11.00 Forensic Detectives
 1.00 PM Reasonable Doubt
 2.00 Disappeared
 3.00 True Crime with Aphrodite Jones
 4.00 Curvy Brides Boutique
 5.00 Say Yes... UK
 7.00 Long Lost Family
 8.00 Dr Pimple Popper
 9.00 Atlanta Justice New edition
 10.00 Signs of a Psychopath New editions
 11.00 Forensic Detectives
 1.00 AM Murder on CCTV
 2.00 Murder Comes to Town
 3.00 FBI Files
 3.50 Animal Cops Phoenix
 4.40 Saving Britain's Wildlife
 5.30 to 6.00 AM Say Yes to the Dress

+1 hour 249 71 170

Discovery

125 125 823 250 322 376

- 6.00 AM Wheeler Dealers
- 7.00 Treehouse Masters
- 8.00 Alaska: Homestead Rescue
- 9.00 Alaska: The Last Frontier
- 10.00 Combat Dealers
- 11.00 Wheeler Dealers: Dream Car
- 12.00 NOON Mighty Truckers
- 1.00 PM Gold Rush: White Water
- 3.00 Disasters Engineered
- 4.00 Building Off the Grid
- 5.00 Wheeler Dealers
- 6.00 Fast N' Loud The guys set a seven-day deadline to resurrect a 1968 Ford Galaxie.



9.00 Expedition Bigfoot

7.00 Gold Rush The gold miners of the Yukon put everything on the line in the hope of striking it rich. With new miners, new claims and new machines, the stakes are higher than ever.

9.00 NEW SERIES Expedition Bigfoot The team return to the Olympic Peninsula with a new plan to lure out a Bigfoot.

10.00 Legendary Locations **New edition** Josh Gates explores a lake in India with connections to alien life, and a station in Spain.

- 11.00 Combat Dealers
- 12.00 M'T Expedition Bigfoot
- 1.00 AM Legendary Locations
- 2.00 Moonshiners
- 3.00 Gold Rush: Freddy Dodge's Mine Rescue **New edition**
- 4.00 Fast N' Loud
- 5.00 to 6.00 AM Wheeler Dealers

+1 hour 225 258

Animal Planet

162 251 325 378

- 8.00 AM America's Cutest Pets
- 9.00 Bad Dog!
- 10.00 Dogs: The Untold Story
- 11.00 How Do Animals Do That?
- 12.00 NOON The Great Shark Chase
- 1.00 PM Isle of Jaws: Blood Brothers
- 2.00 Pit Bulls & Parolees
- 3.00 America's Cutest Pets
- 4.00 Dr Jeff: Rocky Mountain Vet
- 5.00 Dodo Heroes
- 6.00 Alaska Monsters Reports of a gigantic bear-like creature known as the Northern Giant.



8.00 Restoration Wild

7.00 How Do Animals Do That? How sea turtles navigate their way home. **7.30** Whether mosquitos have a taste preference.

8.00 Restoration Wild Restoration expert Jay Chaiken transforms a century-old, dilapidated barn into an event space.

9.00 Born Mucky: Life on the Farm Ian's fleet of ageing tractors are buckling under the strain of the first harvest of the year.

10.00 I Was Prey During a canoe safari trip in Zimbabwe, a husband and wife are attacked by an angry hippopotamus.

- 11.00 Treehouse Masters A couple seek meditation space.
- 12.00 M'T In Search of Monsters
- 1.00 AM How Do Animals Do That? Double bill of editions.
- 2.00 Pit Bulls & Parolees
- 3.00 America's Cutest Pets
- 4.00 to 5.00 AM Dr Jeff: Rocky Mountain Vet

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

- 8.00 AM Egypt: Secrets of the Dead Afterlife beliefs.
- 9.00 Ultimate Viking Sword
- 10.00 Bloody Tales from History
- 11.00 Pacific Shockwave: Drain the Ocean
- 12.00 NOON WW2 Heroes of the Sky The US Eighth Air Force.
- 2.00 PM Nazi Megastructures
- 3.00 Air Crash Investigation
- 5.00 To Catch a Smuggler CBP Laredo discovers liquid meth hidden in paint cans.
- 6.00 Car S.O.S Fuzz and Tim restore a Series 1 Land Rover.



7.00 Ancient China From Above

7.00 Ancient China From Above Dr Allan Maca explores a megacity that 4,000 years ago was one of the biggest in the world.

8.00 Dutch Caribbean Coastguards The Search and Rescue helicopter searches for a missing girl on Bonaire.

9.00 Car S.O.S Tim Shaw and Fuzz Townshend head to Huddersfield to restore a 1992 VW Corrado.

10.00 Colossal Machines Examining the world's largest aircraft, including the C5 Galaxy, dubbed the Screaming Giant.

- 11.00 Air Crash Investigation A high-speed collision.
- 12.00 M'T Alaska: The Next Generation Temperatures drop to all-time lows.
- 1.00 AM Ice Road Rescue
- 2.00 Lawless Island
- 3.00 to 5.00 AM Drain the Oceans: Deep Dive

+1 hour 229 267

Sky History

123 123 821 270 353 368

- 6.00 AM Secrets in the Ice
- 8.00 Pawn Stars
- 9.00 American Pickers
- 11.00 Secrets of the Viking Stone
- 12.00 NOON Egypt's Unexplained Files Health and wealth.
- 1.00 PM Forged in Fire
- 2.00 American Pickers
- 4.00 Secrets in the Ice
- 6.00 Pawn Stars Chum is over the moon when a pair of 1960s space robot toys arrive. **6.30** Two rare and huge GI Joe playsets are deployed to the shop in Las Vegas.



10.00 Ray Winstone's Sicily

7.00 Forged in Fire Tournament of Champions Four smiths are tasked with forging a canister Damascus blade.

8.00 Curse of the Ancients Alice Roberts examines the disastrous final days of the Roman Empire.

9.00 Digging for Britain How a lobster led archaeologists to the discovery of an 8,000-year-old Neolithic underwater settlement.

10.00 Ray Winstone's Sicily The actor explores the island, beginning with Palermo's markets and a visit to the opera.

- 11.00 How Sex Changed the World Examining the role sex has played in deciding wars.
- 12.00 M'T Curse of the Ancients
- 1.00 AM Lost Relic Hunters
- 2.00 Forged in Fire Tournament...
- 3.00 How Sex Changed the World
- 4.00 Egypt's Unexplained Files
- 5.00 to 6.00 AM Pawn Stars

+1 hour 223 271

Yesterday

155 129 27 159

- 6.00 AM Planet Earth
- 8.00 Rise of the Nazis
- 9.00 World War Weird
- 10.00 Abandoned Engineering
- 12.00 NOON The Architecture The Railways Built
- 1.00 PM Great British Railway Journeys Four editions.
- 2.00 Abandoned Engineering
- 4.00 Rise of the Nazis
- 5.00 World War Weird A daring plan devised by the inmates of the Death Camp at Sobibor.
- 6.00 Michael Palin's New Europe Estonia, Latvia and Lithuania.



9.00 Bangers and Cash

7.00 Great British Railway Journeys Michael Portillo visits the Worth Valley. **7.30** The presenter joins a brass band in Honley.

8.00 The Architecture The Railways Built Tim Dunn explores the disused tube station Down Street in Mayfair.

9.00 Bangers and Cash An Argentinian army wagon that saw action in the 1982 Falklands War arrives in North Yorkshire.

10.00 Bangers and Cash A widow parts with her husband's treasured collection of Rolls-Royces and Bentleys.

- 11.00 Abandoned Engineering Ruins from the time before the fall of the Berlin Wall, including a covert Communist base that hid Cold War submarines for Josip Broz Tito.
- 12.00 M'T Great British Railway Journeys Double bill.
- 1.00 to 3.00 AM Planet Earth

+1 hour 255 200 75

Disc. History

177 257

- 6.00 AM Tony Robinson's Wild West
- 7.00 Codes and Conspiracies
- 8.00 Ultimate Warfare
- 9.00 Truth Behind the...
- 10.00 Mysteries at the...
- 11.00 Mysteries of the Missing
- 12.00 NOON Combat Dealers
- 1.00 PM Expedition Unknown
- 2.00 Edge of War
- 3.00 Ghosts of Stonehenge
- 4.00 Mysteries at the...
- 5.00 Ultimate Warfare
- 6.00 Truth Behind the Moon Landing
- 7.00 Expedition Unknown
- 8.00 Combat Dealers
- 9.00 The Unexplained Files
- 10.00 NASA's Unexplained...
- 11.00 Aircraft Stories
- 12.00 M'T Combat Dealers
- 2.00 AM NASA's Unexplained Files
- 3.00 Aircraft Stories
- 4.00 Ghosts of Stonehenge
- 5.00 to 6.00 AM Mysteries at the Museum

+1 hour 277 261

Eden

166 245 247

- 9.00 AM The Zoo
- 10.00 Outback Vet
- 11.00 Growing Up Wild
- 12.00 NOON Pangolins: The World's Most Wanted Animal
- 1.00 PM Weasels: Feisty and Fearless
- 2.00 The Zoo
- 3.00 Wild Colombia
- 5.00 Outback Vet
- 6.00 Weasels: Feisty and...
- 7.00 Growing Up Wild
- 8.00 The Zoo
- 9.00 Wild Colombia
- 10.00 Weasels: Feisty and...
- 11.00 Outback Vet
- 12.00 M'T The Zoo
- 1.00 AM Wild Colombia
- 2.00 Growing Up Wild
- 3.00 Secrets of the Solar System
- 3.50 Growing Up Wild...
- 4.40 Life in the Great Wetlands
- 5.30 to 6.00 AM Collar of Duty

+1 hour 266 246

WILD

165 165 841 264 265

- 8.00 AM Animals Gone Wild
- 9.00 Yukon Vet: Vet Below Zero Documentary.
- 10.00 Alaska Animal Rescue
- 11.00 World's Deadliest
- 12.00 NOON Snakes in the...
- 1.00 PM Shark Men
- 2.00 Africa's Deadliest
- 5.00 Monster Fish
- 6.00 Snakes in the City
- 7.00 Animal Fight Club Wild animals attempt to protect their young.
- 8.00 Savage Kingdom Three lionesses face the end of their pride.
- 9.00 The Last Lions An insight into the plight of a young female lion living in Botswana's Okavango Delta.
- 11.00 Animal Fight Club
- 12.00 M'T Swamp Men
- 1.00 AM Animals Gone Wild
- 2.00 Alaska Animal Rescue
- 3.00 World's Deadliest
- 4.00 to 5.00 AM Snakes in the City

+1 hour 229 267

Sky History 2

163 163 840 272

- 8.00 AM Museum Men
- 9.00 Brad Meltzer's Lost History
- 10.00 Hunting Nazi Treasure
- 11.00 Combat Ships
- 12.00 NOON Ancient Aliens
- 3.00 PM Museum Men
- 4.00 Hunting Nazi Treasure
- 5.00 Combat Ships
- 6.00 Deep Sea Detectives
- 7.00 Brad Meltzer's Lost History Brad provides updates on how viewer tips are helping to search for lost and stolen items from history.
- 8.00 Lost Worlds A look at the engineering behind the Seven Wonders of the World.
- 10.00 Heroes Under Fire
- 11.00 Ancient Aliens
- 1.00 AM Deep Sea Detectives
- 2.00 Heroes Under Fire
- 3.00 Lost Worlds
- 5.00 to 6.00 AM Brad Meltzer's Lost History

+1 hour 87

PBS America

174 273 84 155

- 8.00 AM Beautiful Serengeti
- 8.30 The Frozen Chosen: Extreme Ice Fishing
- 9.40 Egypt's Lost Cities
- 11.30 Bruce Springsteen: In His Own Words
- 1.00 PM The Frozen Chosen: Extreme Ice Fishing
- 2.05 Mutant Weather
- 3.10 Egypt's Lost Cities
- 5.10 Bruce Springsteen: In His Own Words
- 6.50 Mutant Weather
- 7.50 **NEW** Putin's Road to War The inside story of what led to Vladimir Putin's war on Ukraine.
- 8.55 Egypt's Lost Cities The potential existence of buildings beneath the sands of Egypt.
- 11.00 Mutant Weather
- 12.00 M'T Egypt's Lost Cities
- 1.50 AM Bruce Springsteen: In His Own Words
- 3.05 to 4.00 AM The Frozen Chosen: Extreme Ice...

+1 hour 256 222

FRIDAY Films

Friday

8 PM

9 PM

10 PM

11 PM

primetime

Sky Cinema Premiere

- 301 301 848 401 501 515
- 7.15 AM **North Hollywood** (2021)
 - 9.00 **People Just Do Nothing: Big in Japan** As 6.15pm.
 - 10.45 **Blacklight** As 10.05pm.
 - 12.40 PM **PREMIERE The Many Saints of Newark** As 8pm.
 - 2.50 **North Hollywood** Comedy drama. (2021, 15, 93min) ★★★
 - 4.35 **Pil's Adventures** Animation. (2021, U, 89min) ★★
 - 6.15 **People Just Do Nothing: Big in Japan** Comedy spin-off. (2021, 15, 97min) ★★★



8.00 **PREMIERE The Many Saints of Newark**

- 8.00 **PREMIERE The Many Saints of Newark** Crime drama starring Alessandro Nivola. Tony Soprano grows up during a tumultuous period of New Jersey's history, under the influence of his mobster uncle Dickie Moltisanti. (2021, 15, 120min) ★★★ See reiew, page 22. SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.05 **Blacklight** Conspiracy thriller starring Liam Neeson and Aidan Quinn. (2022, 15, 104min) ★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.55 **Don't Breathe 2** Horror sequel starring Stephen Lang and Madelyn Grace. (2021, 15, 98min) ★★★
- 1.40 AM **Malignant** Horror starring Annabelle Wallis, Maddie Hasson and George Young. (2021, 18, 111min) ★★★
- 3.35 **North Hollywood** As 2.50pm.
- 5.20 to 7.00 AM **Pil's Adventures** As shown at 4.35pm.

+1 hour 312

Sky Cinema Greats

- 304 304 849 404 504 518
- 6.00 AM **The Guns of Navarone**
 - 8.40 **Gunfight at the OK Corral** Western. (1956, PG) ★★★
 - 10.45 **On the Waterfront** As 3.00am.
 - 12.40 PM **The Ten Commandments** Cecil B DeMille's biblical drama. (1956, U, 219min) ★★★
 - 4.20 **Carry On Nurse** Comedy. (1959, b/w, PG, 85min) ★★★
 - 6.05 **Love Story** Romantic drama. (1970, PG, 100min) ★★★
 - 8.00 **The Bodyguard** Romantic thriller with Kevin Costner and Whitney Houston. A professional bodyguard falls in love with the superstar singer-actress he has been assigned to protect. (1992, 15, 129min) ★★★
 - 10.10 **Heat** Crime thriller starring Al Pacino and Robert De Niro. An LA police detective is determined to catch an elusive master criminal whose dedication to his profession matches his own. (1995, 15, 171min) ★★★
 - 1.00 AM **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★
 - 3.00 **On the Waterfront** Classic Oscar-winning drama. (1954, b/w, PG, 108min) ★★★
 - 5.00 to 7.35 AM **The Guns of Navarone** War adventure. (1961, PG, 150min) ★★★

Sky Cinema Hits

- 303 303 857 403 503 517
- 6.00 AM **Thank You For Your...**
 - 8.00 **The Broken Hearts Gallery**
 - 10.00 **Kajillionaire** Comedy drama. (2020, 12, 104min) ★★★
 - 12.00 NOON **Summerland** Drama. (2020, 12, 99min) ★★★
 - 1.55 PM **Waiting for the Barbarians** Drama. (2019, 15) ★★★
 - 4.00 **Extremely Wicked, Shockingly Evil and Vile** Biopic. (2019, 15) ★★★
 - 6.00 **District 9** Satirical sci-fi thriller. (2009, 15, 112min) ★★★



10.00 **Knocked Up**

- 8.00 **Elysium** Sci-fi action thriller starring Matt Damon and Jodie Foster. In 2154, a fatally ill factory worker has five days to reach the orbiting space station that is home to the rich. (2013, 15, 107min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.00 **Knocked Up** Romantic comedy starring Seth Rogen and Katherine Heigl. An unemployed slacker gets a gorgeous TV reporter pregnant during a drunken one-night stand. (2007, 15, 129min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.15 AM **Ted** Offbeat comedy. (2012, 15, 106min) ★★★
- 2.10 **Thank You For Your Service** Drama starring Miles Teller. (2017, 15, 109min) ★★★
- 4.10 to 6.10 AM **The Broken Hearts Gallery** Comedy. (2020, 12, 109min) ★★★

Sky Cinema Animation

- 305 305 412 500 514
- 6.30 AM **Alpha and Omega: Dino Digs** Animation. (2016, U) ★★
 - 7.30 **Rock Dog 2: Rock Around...**
 - 9.05 **Sinbad: Legend of the Seven...**
 - 10.35 **Monster Family** (2017, PG) ★★
 - 12.15 PM **Howard Lovecraft & the Frozen Kingdom** Animated fantasy. (2016, PG, 80min) ★★
 - 1.45 **The Jungle Bunch** As 12.45am.
 - 3.30 **Extinct** Animated adventure. (2021, U, 84min) ★★★
 - 5.00 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
 - 6.35 **Scoob!** Animated comedy. (2020, PG, 93min) ★★★
 - 8.10 **Shaun the Sheep Movie** Animated comedy adventure. (2015, U, 85min) ★★★
 - 9.40 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
 - 11.15 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★
 - 12.45 AM **The Jungle Bunch** Animation. (2017, U, 97min) ★★
 - 2.25 **My Little Pony: The Movie** Animation. (2017, U) ★★★
 - 4.10 **Open Season** Animation. (2006, PG, 86min) ★★★
 - 5.40 to 7.00 AM **Open Season 2** Animation. (2008, PG) ★★

Sky Cinema Wizarding World

- 306 306 850 406 506 520
- 7.05 AM **Harry Potter and the Philosopher's Stone** (2001)
 - 9.45 **Harry Potter and the Chamber of Secrets** Fantasy. (2002, PG, 161min) ★★★
 - 12.30 PM **Harry Potter and the Prisoner of Azkaban** Fantasy. (2004, PG, 142min) ★★★
 - 3.00 **Harry Potter and the Goblet of Fire** (2005, 12) ★★★
 - 5.40 **Harry Potter and the Order of the Phoenix** Fantasy. (2007, 12, 132min) ★★★



5.40 **The Order of the Phoenix**

- 8.00 **Harry Potter and the Half-Blood Prince** Fantasy starring Daniel Radcliffe, Rupert Grint and Emma Watson. Harry Potter attempts to gain crucial information about the past of dark wizard Lord Voldemort as he prepares for the coming showdown with the forces of evil. (2009, 12, 153min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.35 **Harry Potter and the Deathly Hallows: Part I** Fantasy starring Daniel Radcliffe, Rupert Grint and Emma Watson. (2010, 12, 146min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 1.05 AM **Harry Potter and the Deathly Hallows: Part II** Fantasy with Daniel Radcliffe. (2011, 12, 130min) ★★★
- 3.20 to 6.00 AM **Harry Potter and the Philosopher's Stone** Fantasy with Daniel Radcliffe. (2001, PG, 152min) ★★★

TCM Movies

- 315 415 416
- 6.00 AM **Hollywood's Best Directors**
 - 8.55 **The Red Badge of Courage** Drama. (1951, b/w, U) ★★★
 - 10.25 **Cow Country** (1953, b/w, U) ★★
 - 12.10 PM **Montana Territory** Western. (1952, U, 64min) ★★
 - 1.30 **Top Gun** (1955, b/w, U) ★★
 - 3.05 **Terror in a Texas Town** Western. (1958, b/w, PG) ★★★
 - 4.45 **Three Violent People** Western. (1956, PG, 96min) ★★
 - 6.50 **Mars Attacks!** Director Tim Burton's sci-fi spoof with Jack Nicholson and Glenn Close. (1996, 12, 106min) ★★★
 - 9.00 **Zero Dark Thirty** Kathryn Bigelow's fact-based drama about the quest to track down Osama bin Laden, starring Jessica Chastain. With Jason Clarke and Joel Edgerton. (2012, 15, 157min) ★★★
 - 12.15 AM **Mad Max** Cult action thriller starring Mel Gibson. (1979, 18, 93min) ★★★
 - 2.15 **Separate Tables** Romantic drama starring Burt Lancaster. (1958, b/w, PG, 98min) ★★★
 - 4.00 **Close Up** Double bill.
 - 5.00 to 6.00 AM **Hollywood's Best Directors**

+1 hour 316 417

Sky Cinema Action

- 307 307 851 407 507 521
- 6.00 AM **The Hurricane Heist**
 - 8.00 **Dead Reckoning** Action thriller starring KJ Apa. (2020, 15, 91min) ★★
 - 9.45 **Shooter** As 5.50pm.
 - 12.05 PM **Trauma Centre** (2019)
 - 1.45 **Centurion** As 11.55pm.
 - 3.35 **Suicide Squad** Fantasy adventure starring Will Smith. (2016, 15, 123min) ★★★
 - 5.50 **Shooter** Action thriller starring Mark Wahlberg. (2007, 15, 125min) ★★★



5.50 **Shooter**

- 8.00 **Battle: Los Angeles** Epic sci-fi adventure starring Aaron Eckhart and Michelle Rodriguez. A group of Marines set out to defend LA from invading aliens. With Bridget Moynahan. (2011, 12, 116min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.05 **Monster Hunter** Fantasy adventure starring Milla Jovovich and Tony Jaa. (2020, 12, 103min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.55 **Centurion** Historical thriller starring Michael Fassbender. (2009, 15, 91min) ★★★
- 1.45 AM **Daredevil** Comic-book adventure starring Ben Affleck. (2003, 15, 101min) ★★
- 3.45 **Trauma Centre** Action thriller with Nicky Whelan and Bruce Willis (2019, 15, 87min) ★
- 5.20 to 7.20 AM **The Hurricane Heist** Action thriller starring Toby Kebbell and Maggie Grace. (2018, 12, 103min) ★

Talking Pictures

- 328 445 82 306
- 6.00 AM **Carry On Admiral** Comedy. (1957, b/w, U, 85min) ★★
 - 7.40 **Steering Clear**
 - 8.05 **The Night We Dropped a Clanger** Farical comedy. (1959, b/w, PG, 86min) ★★
 - 9.50 **Night Ride** (1937, b/w, U) ★★
 - 11.20 **Francis of Assisi** Epic biopic. (1961, PG, 111min) ★★★
 - 1.30 PM **Woman Hater** Comedy. (1948, b/w, PG, 105min) ★
 - 3.35 **Kind Hearts and Coronets** Ealing Studios black comedy. (1949, b/w, U, 106min) ★★★
 - 5.45 **The One That Got Away** Drama. (1957, b/w, U, 110min) ★★★
 - 8.00 **The Outer Limits** (S1)
 - 9.00 **Cellar Club with Caroline Munro**
 - 9.05 **The Return of Count Yorga** Horror sequel starring Robert Quarry. (1971, 15, 98min) ★★★
 - 11.00 **Cellar Club with Caroline Munro**
 - 11.05 **The Premature Burial** Horror thriller. (1961, 18, 81min) ★★
 - 12.45 AM **Cellar Club with Caroline...**
 - 12.50 **The Town That Dreaded Sundown** Fact-based horror thriller. (1976, 18, 90min) ★
 - 2.40 **Cellar Club with Caroline Munro**
 - 2.45 **Twins of Evil** Hammer horror. (1971, 18, 87min) ★★★
 - 4.30 to 6.00 AM **Grand Ole Opry** Musical. (1940, b/w, U) ★★

+1 hour 318 202 139

Sky Cinema Comedy

- 308 308 408 508 522
- 6.00 AM **Rams** Comedy drama. (2020, 12, 118min) ★★★
 - 8.15 **Mr Popper's Penguins** Family comedy. (2011, PG) ★★★
 - 10.05 **The Night Before** (2015)
 - 11.55 **The Stand In** As 2.20am.
 - 1.45 PM **Blithe Spirit** Comedy. (2020, 12, 95min) ★★★
 - 3.40 **As Good As It Gets** Comedy. (1997, 15, 138min) ★★★
 - 6.00 **Dinner for Schmucks** Comedy starring Steve Carell and Paul Rudd. (2010, 12, 113min) ★★★



6.00 **Dinner for Schmucks**

- 8.00 **Delivery Man** Comedy drama starring Vince Vaughn, Chris Pratt and Cobie Smulders. A man who made donations to a sperm bank learns he has more than 500 children, and tries to help them with their lives. (2013, 12, 102min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.00 **The King of Staten Island** Comedy drama starring Pete Davidson and Marisa Tomei. A New Yorker stuck in arrested development is forced to deal with the loss of his firefighter father. (2020, 15, 136min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.20 AM **That's My Boy** Comedy. (2012, 15, 112min) ★★
- 2.20 **The Stand In** Comedy drama. (2020, 15, 101min) ★★★
- 4.05 to 6.00 AM **The Night Before** Comedy starring Seth Rogen and Joseph Gordon-Levitt. (2015, 15, 99min) ★★★

Horror

- 317 149 69 138
- 8.00 AM **First Wave 20/22** (S1)
 - 9.00 **Battlestar Galactica** (S1)
 - 10.00 **The Prisoner 16/17** (S1)
 - 11.00 **Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
 - 1.00 PM **Ice Quake** Sci-fi disaster movie. (2010, PG, 91min) ★★
 - 3.00 **The 4400 3/6** (S1)
 - 4.00 **War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
 - 6.00 **The Prisoner 17/17** (S1)
 - 7.00 **Battlestar Galactica** Greetings from Earth - Part Two: 20/24. Sci-fi drama. (S1)
 - 8.00 **Star Trek** For the World Is Hollow and I Have Touched the Sky: 8/24. McCoy discovers he has only a year to live. (S3)
 - 9.00 **Frankenstein** Horror starring Xavier Samuel and Carrie-Anne Moss. A creature artificially created by two married scientists is left to fend for himself on the streets of Los Angeles. (2015, 18, 86min) ★★★
 - 10.50 **Cooties** Horror comedy. (2014, 15, 88min) ★★
 - 12.40 AM **Radius** Horror thriller. (2017, 15, 93min) ★★
 - 2.30 to 4.30 AM **The Darkness** Horror. (2016, 15, 90min) ★★

+1 hour 318 202 139

Sky Cinema Thriller

- 309 309 409 509 523**
- 6.00** AM **Dreamland** As 2.00pm.
 - 7.55** **Side Effects** As 3.55pm.
 - 9.55** **The Wolf Hour** As 2.00am.
 - 11.50** **Silk Road** As 12.00m't.
 - 2.00** PM **Dreamland** Romantic drama starring Finn Cole. (2019, 15, 98min) ★★★★★
 - 3.55** **Side Effects** Psychological thriller starring Jude Law. (2013, 15, 106min) ★★★★★
 - 5.55** **Unknown** Thriller with Liam Neeson and Diane Kruger. (2011, 12, 113min) ★★★



5.55 Unknown

- 8.00** **Old** M Night Shyamalan's horror starring Gael Garcia Bernal and Vicky Krieps. A vacationing family discover that the secluded beach where they are relaxing is somehow causing them to age rapidly. (2021, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00** **The Italian Job** Crime thriller remake starring Mark Wahlberg, Charlize Theron, Edward Norton and Jason Statham. (2003, 12, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00** M'T **Silk Road** Thriller with Nick Robinson and Jason Clarke. (2021, 15, 112min) ★★★★★
- 2.00** AM **The Wolf Hour** Drama. (2019, 15, 99min) ★★
- 3.45** **Finding Steve McQueen** Crime caper starring Travis Fimmel. (2019, 15, 91min) ★★★★★
- 5.30 to 7.30** AM **The Spy** Norwegian drama. Subtitled. (2019, 12, 105min) ★★★★★

GREAT! movies classic

- 319 424 52 303**
- 6.00** AM **Holiday Affair** Comedy. (1949, b/w, U, 87min) ★★★★★
 - 7.40** **Never a Dull Moment** Musical. (1950, b/w, U, 89min) ★★
 - 9.25** **It Should Happen To You** Comedy. (1953, b/w, U) ★★★★★
 - 11.10** **Ladies Who Do** Comedy. (1963, b/w, U, 85min) ★★
 - 1.00** PM **A Dangerous Profession** Thriller starring George Raft. (1949, PG, 79min) ★★
 - 2.40** **A Prize of Arms** Crime thriller. (1961, b/w, PG, 105min) ★★★★★
 - 4.50** **Our Man in Havana** Spy drama. (1959, b/w, PG) ★★★★★
 - 7.05** **Mighty Joe Young** Comedy adventure starring Terry Moore. (1949, b/w, PG, 94min) ★★★★★
 - 9.00** **Flatliners** Sci-fi thriller starring Kiefer Sutherland. A group of medical students risk their lives when they experiment with death. (1990, 15, 114min) ★★★★★
 - 11.25** **The Body Snatcher** Horror. (1945, b/w, PG, 79min) ★★★★★
 - 1.00** AM **A Walk in the Sun** War drama. (1945, b/w, U) ★★★★★
 - 3.20** **Operation Dames** War drama. (1959, b/w, PG, 74min) ★★
 - 4.55 to 7.00** AM **Tomorrow We Live** War drama. (1942, b/w, U) ★★

+1 hour **320 303 63 304**

Sky Cinema Drama

- 310 310 410 510 524**
- 6.00** AM **To Olivia** Drama. (2021, PG, 90min) ★★★★★
 - 7.50** **Gridiron Gang** As 12.10am.
 - 10.00** **Marley & Me** Comedy drama. (2008, PG, 115min) ★★★★★
 - 12.00** NOON **The Theory of Everything** (2014, 12) ★★★★★
 - 2.10** PM **Old Henry** Western. (2021, 15, 99min) ★★★★★
 - 4.05** **Book of Love** Comedy. (2022, 12, 106min) ★★★★★
 - 5.55** **Captain Fantastic** Comedy drama. (2016, 15) ★★★★★



5.55 Captain Fantastic

- 8.00** **The Light Between Oceans** Melodrama starring Michael Fassbender, Alicia Vikander and Rachel Weisz. A lighthouse keeper and his wife living off the coast of Australia raise a baby they rescue from a drifting boat. (2016, 12, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.15** **The Water Diviner** Period drama directed by and starring Russell Crowe. An Australian travels to Turkey after World War One to discover what happened to his sons. (2014, 15, 111min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.10** AM **Gridiron Gang** Sports drama. (2006, 12, 125min) ★★
- 2.20** **The People vs Larry Flynt** Fact-based drama. (1996, 18, 130min) ★★★★★
- 4.30 to 6.00** AM **Behold My Heart** Drama starring Marisa Tomei. (2018, 15, 80min) ★★★★★

GREAT! movies

- 321 425 34 302**
- 9.00** AM **Lost Letter Mysteries: Signed Sealed Delivered** Drama. (2013, PG, 90min) ★★
 - 11.00** **Accidental Switch** Thriller. (2016, 12, 87min) ★★
 - 12.50** **GREAT! Movie News Extra**
 - 1.00** PM **Do You Know Me** Thriller. (2008, PG, 127min) ★
 - 3.00** **Deadly Daycare** (2014, PG) ★★
 - 4.40** **Where Angels Fear to Tread** Drama. (1991, PG, 118min) ★★
 - 7.00** **Here Comes the Boom** Comedy starring Kevin James and Salma Hayek. A jaded biology teacher becomes a cage fighter in a bid to raise the money to save his school's music programme. (2012, 12, 103min) ★★★★★
 - 9.00** **2 Guns** Action thriller starring Denzel Washington and Mark Wahlberg. A pair of double-dealing crooks join forces for real after inadvertently stealing \$43million from the CIA. (2013, 15, 104min) ★★★★★
 - 11.10** **Bullet** Thriller starring Danny Trejo. (2014, 15, 86min) ★★
 - 1.10** AM **The Operative** Thriller. (2019, 15, 116min) ★★★★★
 - 3.35 to 6.00** AM **Robin and Marian** Drama. (1976, PG) ★★★★★

+1 hour **322 61**

Sky Cinema Sci-Fi/Horror

- 311 311 858 411 511 525**
- 6.00** AM **Proximity** As 2.05pm.
 - 8.10** **Anon** As shown at 4.10pm.
 - 10.05** **Sleepy Hollow** As 6.00pm.
 - 12.05** PM **Captive State** As 1.20am.
 - 2.05** **Proximity** Sci-fi drama. (2020, PG, 119min) ★★
 - 4.10** **Anon** Sci-fi thriller with Clive Owen and Amanda Seyfried. (2018, 15, 110min) ★★★★★
 - 6.00** **Sleepy Hollow** Tim Burton's comic horror starring Johnny Depp and Christina Ricci. (1999, 15, 105min) ★★★★★



9.50 Blade 2

- 8.00** **The Forever Purge** Horror sequel with Ana de la Reguera. Members of an underground movement decide to take over America through an unending campaign of mayhem and massacre. (2021, 15, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.50** **Blade 2** Action horror sequel starring Wesley Snipes, Kris Kristofferson and Ron Perlman. (2002, 18, 117min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.50** **Cloverfield** Disaster movie starring Lizzy Caplan and TJ Miller. (2007, 15, 81min) ★★★★★
- 1.20** AM **Captive State** Sci-fi thriller with John Goodman, Ashton Sanders, Jonathan Majors and Vera Farmiga. (2019, 15, 109min) ★★★★★
- 3.15** **Sound of Violence** Horror starring Jasmin Savoy Brown. (2021, 18, 94min) ★★★★★
- 4.55 to 7.00** AM **Proximity** As shown at 2.05pm.

GREAT! movies action

- 323 426 42 305**
- 6.00** AM **3.10 to Yuma** Western. (1957, b/w, PG, 80min) ★★★★★
 - 7.50** **The Fighting Lady**
 - 9.10** **Hellfighters** Adventure. (1969, PG, 120min) ★★
 - 11.35** **Two Rode Together** Western. (1961, PG, 109min) ★★★★★
 - 1.50** PM **Three Hours to Kill** Western. (1954, 12, 77min) ★★
 - 3.30** **For Whom the Bell Tolls** Adventure. (1943, PG) ★★★★★
 - 6.55** **Push** Sci-fi action thriller starring Chris Evans and Dakota Fanning. Two fugitives from a secret government agency that imprisons people with paranormal abilities travel to Hong Kong to track down a fellow runaway. (2008, 12, 111min) ★
 - 9.00** **Disturbing the Peace** Thriller starring Guy Pearce and Devon Sawa. (2019, 15, 91min) ★
 - 10.45** **Into the Sun** Martial arts action thriller starring Steven Seagal. (2005, 18, 93min) ★★
 - 12.40** AM **The Killer Inside Me** Thriller starring Casey Affleck. (2010, 18, 104min) ★★★★★
 - 2.50 to 4.00** AM **The Traitors** Spy drama starring Patrick Allen. (1962, b/w, PG, 70min) ★★★★★

+1 hour **324**

Sky Cinema Gangsters

- 302 302 856 402 502 516**
- 6.00** AM **Death in Texas** Drama. (2020, 15, 101min) ★★
 - 7.55** **Revolver** As 3.35am.
 - 9.55** **Bad Boys II** Action comedy sequel. (2003, 15) ★★★★★
 - 12.25** PM **Focus** Crime comedy. (2015, 15, 105min) ★★★★★
 - 2.25** **The Birthday Cake** Crime thriller. (2021, 15, 93min) ★★
 - 4.15** **No Sudden Move** Drama. (2021, 15, 115min) ★★★★★
 - 6.15** **Nobody** Crime drama. (2021, 15, 92min) ★★★★★



10.55 Legend

- 8.00** **The Godfather** Francis Ford Coppola's classic gangster saga of a Mafia family engaged in bloody war with rival crime families. Stars Marlon Brando, Al Pacino, James Caan, Robert Duvall, Diane Keaton, Talia Shire and John Cazale. (1971, 15, 167min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.55** **Legend** Biopic of the Kray brothers, starring Tom Hardy as both twins. (2015, 18, 128min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 1.10** AM **Goodfellas** Martin Scorsese's gangster drama starring Robert De Niro. (1990, 18, 143min) ★★★★★
- 3.35** **Revolver** Guy Ritchie's crime thriller. (2005, 15, 115min) ★
- 5.35 to 6.35** AM **Sky Cinema Preview**

Movies 24

- 325 419**
- 7.00** AM **Mix Up In The Mediterranean** As 7pm.
 - 9.00** **A Very Merry Bridesmaid**
 - 11.00** **How to Train Your Husband**
 - 1.00** PM **Glamping in Love** As 1am.
 - 3.00** **Reunited and It Feels So Deadly: An Aurora Teagarden Mystery** Crime thriller. (2020, PG, 90min) ★★
 - 5.00** **Love Afloat** Romantic drama. (2022, PG, 90min) ★★
 - 7.00** **Mix Up In The Mediterranean** Comedy with Jessica Lowndes and Jeremy Jordan. A man impersonates his twin brother to enter a culinary contest, only to fall for the woman running the event. (2021, PG, 84min) ★★
 - 9.00** **A Very Merry Bridesmaid** Festive drama starring Emily Osment. A woman tries to celebrate her 30th birthday, which falls on Christmas Eve and the date of her brother's wedding. (2021, PG, 90min) ★★
 - 11.00** **How to Train Your Husband** Comedy. (2018, PG, 85min) ★★
 - 1.00** AM **Glamping in Love** Romantic comedy. (2019, PG, 89min) ★★
 - 3.00 to 5.00** AM **Reunited and It Feels So Deadly: An Aurora...**

+1 hour **326 420**

Film4

- 313 313 855 428 429 14 300**
- **Films start at 11.00am**
 - 11.00** AM **Destry Rides Again** Comedy Western. (1939, b/w, PG, 94min) ★★★★★
 - 12.55** PM **Red Mountain** Western. (1951, PG, 84min) ★★
 - 2.35** **Carry On Constable** Comedy. (1960, b/w, U, 86min) ★★★★★
 - 4.20** **The Colditz Story** Drama. (1954, b/w, U, 97min) ★★★★★
 - 6.20** **X-Men: Apocalypse** Superhero adventure sequel. (2016, 12, 144min) ★★★★★



6.20 X-Men: Apocalypse

- X-Men: Apocalypse** (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●● **8 PM**

- 9.00** **Kingsman: The Secret Service** Action comedy based on a comic book, starring Colin Firth and Taron Egerton. A streetwise teenager is given the opportunity to work with a super-secret spy organisation. (2015, 15, 128min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●● **9 PM**

- 11.40** **The Great Wall** Fantasy adventure with Matt Damon and Willem Dafoe. A mercenary is pulled into a battle between Chinese warriors and giant, lizard-like monsters. (2016, 12, 103min) ★★★★★
- 1.45 to 4.00** AM **Withnail & I** Cult comedy starring Richard E Grant and Paul McGann. (1986, 15, 107min) ★★★★★ **10 PM**

+1 hour **314 430 47 301**

FILMS ON OTHER CHANNELS

- 6pm TILL LATE**
- 9.00** PM **Ted 2** ITV2 Comedy sequel starring Mark Wahlberg. ★★★★★
 - 9.00** **Bad Neighbours 2** E4 Comedy starring Seth Rogen. ★★
 - 9.00** **The Meg** 5STAR Action thriller starring Jason Statham. ★★★★★
 - 9.00** **The Miseducation of Cameron Post** BBC3 Drama starring Chloë Grace Moretz. A teenager is subjected to questionable gay conversion therapies. ★★★★★
 - 9.00** **Moon Crash** Syfy Sci-fi thriller starring Jeremy London. ★★
 - 9.00** **The Alpinist** Sky Documentaries Documentary about climber Marc-André Leclerc. ★★★★★
 - 10.35** **Braveheart** BBC1 (Not Wales/NI 11.05pm) Oscar-winning epic historical drama directed by and starring Mel Gibson as 13th-century Scottish warrior William Wallace. ★★★★★
 - 10.45** **The Magnificent Seven** ITV Western remake starring Denzel Washington. ★★★★★
 - 11.05** **Film Stars Don't Die in Liverpool** BBC1 Wales Romantic drama. ★★★★★
 - 11.10** **Wild Things** 5STAR Thriller. ★★
 - 1.05** AM **G.I. Joe: The Rise of Cobra** C4 Action adventure. ★★★★★

Sky Sports Main Event

401 401 859 511 501 420 440

- 6.00 AM Sky Sports News
- 7.00 Good Morning Sports Fans
- 7.30 Early Kick-Off
- 8.00 Good Morning Sports Fans
News and views on today's early stories and a look at the back pages.
- 8.30 **LIVE Test Cricket South Africa v Bangladesh.** Coverage of the second day of the first Test in the two-match series, held at Kingsmead in Durban.
- 11.00 **LIVE Ladies European Tour Golf** Day three of the Investec South African Women's Open at Steenberg Golf Club in Cape Town.
- 3.00 PM **LIVE Indian Premier League Kolkata Knight Riders v Punjab Kings.** The T20 match at Wankhede Stadium, Mumbai.
- 7.00 **LIVE EFL Hull City v Huddersfield Town.** Coverage of the Championship match from MKM Stadium. Kick-off 7.45pm.
- 10.30 **LIVE PGA Tour Golf** Coverage of the second day of the Valero Texas Open at TPC San Antonio.
- 12.00 M'T **LIVE LPGA Tour Golf** Coverage of the second day of the Chevron Championship.
- 2.00 to 6.00 AM Sky Sports News

Sky Sports Premier League

402 402 860 512 502 421 441

- 6.00 AM PL Greatest Games
- 7.00 PL Legends: Tony Adams
- 7.30 PL Legends: Peter Schmeichel
- 8.00 PL Greatest Games
- 8.30 Best PL Goals:
Man City v Liverpool
- 9.00 Premier League 100 Club
- 10.00 The Football Show
- 12.00 NOON Gary Neville's Soccerbox Double bill.
- 1.00 PM Premier League Years
- 3.00 PL Greatest Games
- 4.00 PL Best Goals 10/11
- 5.00 Premier League 100 Club
- 6.00 PL Legends: Alan Shearer
- 6.30 Inside the WSL
- 7.00 Premier League Preview
- 7.30 Premier League Matchpack
- 8.00 Gary Neville's Soccerbox
- 9.00 Premier League Preview
- 9.30 Premier League Matchpack
- 10.00 Inside the WSL
- 10.30 PL Retro
- 12.30 AM Premier League Icons
- 1.00 Premier League Years
- 3.00 PL Greatest Games
- 4.00 PL Best Goals 11/12
- 5.00 Best PL Goals:
Chelsea v Arsenal
- 5.30 to 6.00 AM Premier League 100 Club

Sky Sports Football

403 403 861 513 503 422 442

- 6.00 AM Football's Greatest Players
- 6.30 Football Countdowns
- 7.00 Football Years
- 7.30 EFL Greatest Games
- 8.15 SPFL Greatest Games
- 9.00 Bundesliga Weekly
- 9.30 EFL 21 Under 21
- 10.30 SPFL Greatest Games
- 11.00 Championship Review 18/19
- 12.00 NOON Play-off Final C'ship 18/19 Derby County v Aston Villa.
- 1.00 PM Play Off Final L1 18/19
- 2.00 Play Off Final League 2 18/19
- 3.00 EFL Cup Final 19
- 4.00 SPFL Highlights
- 5.00 EFL Greatest Games
- 5.45 SPFL Greatest Games
- 6.00 Bundesliga Weekly
- 6.30 Old Firm Derby Best Goals
- 7.00 **LIVE EFL Hull City v Huddersfield Town.** From MKM Stadium. Kick-off 7.45pm.
- 10.30 EFL Goals: Leagues 1 & 2
- 11.00 EFL Greatest Games
- 12.00 M'T EFL Play Off Final C'Ship 17/18 Aston Villa v Fulham.
- 1.00 AM EFL Play Off Finals L1 17/18
- 2.00 EFL Play Off Final L2 17/18
- 3.00 EFL Cup Retro 13
- 5.00 to 6.00 AM Championship Review 13/14

Sky Sports World Cup

404 404 862 514 504 423 443

- 6.00 AM My Icon
- 6.30 ICC Women's World Cup
- 7.30 Test Cricket South Africa v Bangladesh: Highlights of the opening day of the first Test in the two-match series at Kingsmead in Durban.
- 8.30 **LIVE Test Cricket South Africa v Bangladesh.** Coverage of the second day of the first Test in the two-match series, held at Kingsmead in Durban.
- 2.50 PM **LIVE Indian Premier League Kolkata Knight Riders v Punjab Kings.** The T20 match at Wankhede Stadium, Mumbai.
- 7.00 Test Cricket South Africa v Bangladesh: Highlights of the second day of the first Test in the two-match series in Durban.
- 8.00 One-Day International Cricket
- 9.00 IPL
- 10.00 Test Cricket
- 11.00 One-Day International Cricket
- 12.00 M'T IPL
- 1.00 AM ICC Women's World Cup
- 3.00 IPL
- 4.00 Test Cricket
- 5.00 My Icon
- 5.30 to 6.00 AM Best of the ICC Women's World Cup

Sky Sports Golf

405 405 863 515 505 424 444

- 6.00 AM PGA Tour Golf
- 7.00 European Challenge Tour Golf
- 7.30 Golf and the Climate Crisis
- 8.00 LPGA Tour Golf
- 10.00 European Challenge Tour Golf
- 10.30 Golf and the Climate Crisis
- 11.00 **LIVE Ladies European Tour Golf** Day three of the Investec South African Women's Open at Steenberg Golf Club in Cape Town.
- 3.00 PM **LIVE PGA Tour Golf** The second day of the Valero Texas Open at TPC San Antonio.
- 5.00 **LIVE LPGA Tour Golf** Coverage of the second day of the Chevron Championship at Mission Hills Country Club in Rancho Mirage, California.
- 9.00 **LIVE PGA Tour Golf** Coverage of the second day of the Valero Texas Open at TPC San Antonio.
- 12.00 M'T **LIVE LPGA Tour Golf** Further coverage of the second day of the Chevron Championship.
- 2.00 AM PGA Champs Official Film 2014 A chance to relive the event.
- 3.00 PGA Tour Golf
- 4.00 Best of the Open Zone 2016
- 5.00 to 6.00 AM Chronicles of a Champion Golfer

BT Sport 1

413 413 870 527 408 430

- 6.00 AM Highlights
- 7.00 Ligue 1 Show
- 7.30 Premier League Match Pack
- 8.00 The Aussie Rules Show
- 9.00 **LIVE AFL Melbourne v Essendon.** Bounce-up 9.20am.
- 12.00 NOON DIY Pundit
- 12.30 PM Premier League Match Pack
- 1.00 Premier League World
- 1.30 Ligue 1 Show
- 2.00 The Football's On
- 3.00 WWE NXT
- 4.45 BT Sport Reload
- 5.00 ESPN FC Football news.
- 5.30 Inside Serie A
- 6.00 DIY Pundit
- 6.30 Scottish Football Extra
- 7.00 **LIVE Gallagher Premiership Rugby Union Sale Sharks v Saracens.** Kick-off 7.45pm.
- 10.00 Rugby Stories
- 10.30 Champions League Magazine
- 11.00 WWE NXT Highlights
- 12.00 M'T WWE SmackDown Highlights
- 1.00 AM **LIVE WWE Friday Night SmackDown** Wrestling action.
- 3.00 MotoGP: ICYMI
- 3.15 BT Sport Reload
- 3.30 Scottish Football Extra
- 4.00 to 6.00 AM Highlights

BT Sport 2

414 414 871 528 409 431

- 6.00 AM BT Sport Reload
- 6.30 FIM SuperEnduro World Championship
- 7.00 WWE Raw Highlights
- 8.00 WWE NXT Highlights
- 9.00 BT Sport Reload
- 9.15 ESPN FC Football news.
- 9.45 **LIVE Isuzu UTE A-League Melbourne City v Wellington Phoenix.** The Australian top-flight clash. Kick-off 9.45am.
- 11.45 MotoGP Rewind
- 12.00 NOON MotoGP Highlights
- 1.00 PM **LIVE MotoGP** Action from the opening day of the Grand Prix of Argentina, taking place at Termas de Rio Hondo Circuit.
- 8.00 Premier League Preview
- 8.30 Scottish Football Extra
- 9.00 UFC Main Event
- 10.00 WWE NXT UK
- 11.00 Test Cricket Highlights
- 1.00 AM MotoGP: ICYMI
- 1.15 BT Sport Reload
- 1.30 The Cricket's On
- 2.30 to 6.00 AM **LIVE One Day International Cricket New Zealand v Netherlands.** Coverage of the second ODI in the three-match series, taking place at Seddon Park, Hamilton.

BT Sport 3

417 417 874 529 410 432

- 6.00 AM Premiership Rugby Cup
- 7.30 Badminton
- 9.30 Badminton Unlimited
- 10.00 Test Cricket Highlights
- 12.00 NOON The Cricket's On
- 1.00 PM International Cricket
- 2.00 Badminton Unlimited
- 2.30 BT Sport Reload
- 3.00 FIM X-Trial World Championship Highlights
- 4.00 Inside Sailing
- 4.30 Ligue 1 Show
- 5.00 Isuzu UTE A-League
- 6.00 Premier League Match Pack
- 6.30 Premier League Preview
- 7.00 BT Sport Reload
- 7.15 Ligue 1 Show
- 7.45 **LIVE Ligue 1** Football action.
- 10.00 Scottish Football Extra
- 10.30 Premier League Match Pack
- 11.00 Premier League Preview
- 11.30 Inside Serie A
- 12.00 M'T UFC Fight Camp
- 12.30 AM Ligue 1
- 1.30 Premiership Rugby Union
- 2.30 Gearing Up
- 3.00 UFC Fight Camp
- 3.30 UFC Main Event
- 4.30 Isuzu UTE A-League
- 5.30 to 6.00 AM FIM SuperEnduro World Championship

Sky Sports Action

407 407 865 517 507 426 446

- 6.00 AM NFL: America's Game
- 7.00 NFL Highlights
- 8.00 Premier League Darts
- 11.30 NFL Bitesize Highlights
- 12.00 NOON Good Morning Football Discussion on the latest talking points from the NFL.
- 3.00 PM **Fight Night** Amir Khan v Kell Brook: Another chance to see the catchweight bout at AO Arena in Manchester.
- 4.00 **Fight Night** A replay of Josh Taylor v Jack Catterall.
- 5.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
- 7.00 **LIVE British Basketball London Lions v Bristol Flyers.** Coverage of the BBL match at Copper Box Arena. Tip-off 7.30pm.
- 9.30 **High Tops** A look back at Vince Carter's best plays.
- 10.00 **Fight Night** Amir Khan v Kell Brook: Another chance to see the catchweight bout at AO Arena in Manchester.
- 11.00 **Fight Night**
- 12.00 M'T Total Access
- 1.00 AM Premier League Darts
- 4.30 Darts Gold
- 5.00 to 6.00 AM NFL Highlights

Sky Sports Mix

416 416 873 520 510 429 449

- 6.00 AM Fighting Fit 2020
- 7.00 Sail GP
- 8.00 **British Basketball** A replay of Leicester Riders v Bristol Flyers.
- 10.30 **NBA Action** A round-up of the latest matches and news from this week in the NBA season.
- 11.00 **Sail GP** Action from the final event in San Francisco.
- 12.00 **NOON Betfred Super League Highlights** Recent action.
- 2.00 PM **Sail GP** Action from the final event in San Francisco.
- 3.00 **Fighting Fit 2020**
- 4.00 **Fit In 5**
- 4.30 **Inside the WSL** The latest updates and news from the Women's Super League.
- 5.00 **Netball Superleague** A replay of Loughborough Lightning v Manchester Thunder.
- 7.00 **LIVE British Basketball London Lions v Bristol Flyers.** Coverage of the BBL match at Copper Box Arena. Tip-off 7.30pm.
- 9.30 **NBA Heatcheck**
- 10.00 **NBA Hardwood Classic Games**
- 12.00 M'T NFL Highlights
- 1.00 AM Premier League Darts
- 4.30 to 6.00 AM **Betfred Super League Highlights**

BT Sport/ESPN

423 423 876 530 411 434

- 6.00 AM ESPN FC Football news.
- 6.30 ESPN SportsCenter
- 6.45 Around the Horn
- 7.15 Pardon the Interruption
- 7.45 ESPN SportsCenter
- 8.00 ESPN FC Football news.
- 8.30 College Basketball
- 12.00 NOON ESPN FC
- 12.30 PM Pardon the Interruption
- 1.00 ESPN SportsCenter
- 1.15 BT Sport Reload
- 1.30 College Basketball
- 4.30 Freeride World Tour
- 5.30 ESPN SportsCenter
- 5.45 Around the Horn
- 6.15 College Basketball
- 9.45 ESPN SportsCenter
- 10.00 Around the Horn
- 10.30 Pardon the Interruption
- 11.00 NCAA Basketball Tournament Pre-game show.
- 12.00 M'T **LIVE NCAA Basketball Tournament** Double bill.
- 4.30 AM BT Sport Reload
- 5.00 to 6.00 AM Freeride World Tour

Eurosport 1

410 410 868 521 412 435

- 6.00 AM Cycling: E3 Saxo Bank Classic
- 7.00 Bennetts British Superbikes
- 8.00 Formula E
- 9.00 Figure Skating World Championships
- 10.00 Cycling: Tour of Flanders
- 11.00 Snooker: Welsh Open
- 1.00 PM Cycling: Tour of Flanders
- 2.00 Cycling: Tour of Flanders
- 3.00 Olympic Games: Hall of Fame
- 4.00 World Superbikes: Season Preview
- 5.00 Formula E
- 6.00 Snowboarding
- 7.00 Freestyle Skiing
- 8.05 Cycling: Tour of Flanders
- 10.00 Olympic Games: Hall of Fame
- 11.00 Motocross World Championship
- 12.00 M'T Cycling: Tour of Flanders
- 2.00 AM Ski Jumping
- 4.00 Olympic Games: Hall of Fame
- 5.00 to 6.00 AM Cycling: Tour of Flanders

Eurosport 2

411 411 869 522 413 436

- 6.00 AM Masters Snooker
- 7.00 World Superbikes
- 9.00 Cycling: Across Flanders
- 10.00 Olympic Games: Hall of Fame
- 11.00 Formula E Highlights.
- 12.00 NOON World Superbikes
- 2.00 PM World Superbikes: Season Preview
- 3.00 FIA World Endurance Championship
- 4.00 Ski Jumping
- 5.00 Cycling: Tour of Flanders
- 7.00 Motocross World Championship
- 8.00 World Superbikes
- 10.00 World Superbikes: Season Preview
- 11.00 Cycling: Tour of Flanders
- 12.00 M'T Snowboarding
- 1.00 AM Olympic Games: Hall of Fame - Beijing 2022 Biathlon
- 2.00 Snooker: Welsh Open
- 4.00 Motocross World Championship
- 5.00 to 6.00 AM World Superbikes

Sky Sports Arena

408 408 866 518 508 427 447

- 6.00 AM Inside the NBA
- 6.30 NBA Action
- 7.00 British Basketball
- 9.30 Super League Highlights
- 10.00 **LIVE NRL Penrith Panthers v South Sydney Rabbitohs.** From Bluebet Stadium. Kick-off 10.05am.
- 12.00 NOON Super League Superstars
- 12.30 PM Super League Highlights
- 1.00 Premier League Darts
- 4.30 Super League Highlights
- 4.45 NBA Basketball
- 6.45 Super League Highlights
- 7.30 **LIVE Betfred Super League Leeds Rhinos v St Helens.** From Emerald Headingley Rugby Stadium. Kick-off 8.00pm.
- 10.15 Super League Highlights
- 10.30 NBA Basketball
- 12.30 AM Super League Highlights
- 1.00 NBA Basketball
- 3.00 Super League Highlights
- 3.30 NBA Basketball
- 5.30 to 6.00 AM Super League Highlights

Sky Sports F1

406 406 864 516 506 425 445

- 6.00 AM Formula One: Best of 2021
- 11.00 Formula 1
- 2.15 PM Any Driven Monday
- 3.15 Mick Schumacher Drives The Jordan
- 3.30 Legends of F1 Murray Walker.
- 4.00 Formula 2 Championship
- 5.05 Toto Wolff IV
- 5.15 Formula 2 Championship
- 6.35 Goodbye Kimi
- 6.45 Golf with Carlos & Lando
- 6.55 F1 Rivalries
- 7.00 **Duel: Hamilton v Verstappen**
- 9.00 **Formula 1** The Saudi Arabian Grand Prix: Another chance to see the second round of the season from Jeddah Corniche Circuit.
- 11.15 **The Notebook**
- 11.45 **Formula 1** Highlights of the Saudi Arabian Grand Prix.
- 12.45 **AM Martin & Damon in the FW07** A Saudi Arabia track guide.
- 12.55 **F1 Rivalries**
- 1.00 to 6.00 AM **Formula One: Best of 2021**

CBBC

607 607 643 701 201 204 607 600

SATURDAY 7.00am Shaun the Sheep
7.05 Danger Mouse **7.30** Boy Girl Dog Cat Mouse Cheese **7.40** Newsround **New episode 7.50** Odd Squad **8.05** Dennis & Gnasher Unleashed! **8.15** Pokemon: Diamond and Pearl **New episode 9.00** Saturday Mash-Up! **New episode** Harpz Kaur, Joe Tasker and Stanley host the live show where anything can happen. **11.30** Blue Peter
12.00noon Dennis & Gnasher Unleashed!
12.30pm Boy Girl Dog Cat Mouse Cheese **1.05** Danger Mouse **1.55** Horrible Histories **2.20** So Awkward **2.50** All at Sea **3.20** Princess Mirror-Belle **3.40** Odd Squad **4.05** Ninja Express **4.30** Danger Mouse **4.50** Little Big Awesome **5.15** Summer Camp Island **5.40-7.00pm** **FILM** Shaun the Sheep Movie: Animation, featuring the voices of Justin Fletcher and John Sparkes.

SUNDAY As Saturday except:

7.05-7.10am (BST) Sketchy Comedy **8.30** Marrying Mum and Dad **9.00** Blue Peter **9.30** Gym Stars: Road to the Olympics **9.55** **FILM** Early Man: Animation with the voice of Eddie Redmayne. **11.15** Danger Mouse **12.10pm** Deadly 60 **1.10** Horrible Histories **2.05** Horrible Histories: Sensational Shakespeare Special **2.40** The Dengineers **3.40** Operation Ouch! **4.35** Malory Towers **5.05** Silverpoint **New episode 5.30** Dodger **New episode 6.10** Horrible Histories **6.40-7.00pm** How to Train Your Dragon: Legend of the Boneknapper Dragon

MONDAY 7.00am Danger Mouse **7.20** Dennis & Gnasher Unleashed! **7.35** Boy Girl Dog Cat Mouse Cheese **7.45** Newsround **New episode 7.55** Ninja Express **8.10** Odd Squad **8.25** Horrible Histories **8.50** Hey You What If? **9.00** Bitesize Daily: 10-11 Year Olds: Art **New episode 9.20** Bitesize Daily: 5-6 Year Olds: Art **New episode 9.40** After Life: Rot Box Detectives **9.50** Absolute Genius Super Tech with Dick & Dom **10.20** Nine Minute Ninja **10.30** Horrible Histories: Outrageous Olympics **11.00** Operation Ouch!
11.25 Class Dismissed **11.40** Shaun the Sheep **11.55** Danger Mouse: Revival of the classic cartoon. **12.20pm** Boy Girl Dog Cat Mouse Cheese **12.45** Dennis & Gnasher Unleashed!
1.05 Dwight in Shining Armour **1.55** Nikki Lilly Meets **2.05** The Dumping Ground **2.30** Britain's Best Young Artist **3.00** Horrible Histories **3.30** Dennis & Gnasher Unleashed!
3.55 Boy Girl Dog Cat Mouse Cheese **4.05** Ninja Express **4.20** Danger Mouse **4.45** Odd Squad: Young government agents Olive and Otto use math to investigate strange occurrences in their town. **5.10** We Bare Bears **5.25** Summer Camp Island **5.35** Princess Mirror-Belle **6.00** Operation Ouch! **New episode 6.25** Nikki Lilly Meets **6.35-7.00pm** The Next Step

TUESDAY As Monday except:

9.00am Bitesize Daily: 6-7 Year Olds: Art **New episode 9.20-9.40** Bitesize Daily: 7-8 Year Olds: Art **New episode 10.30-10.55** Horrible Histories **2.00-2.30pm** Blue Peter **6.30-6.35pm** My Life

WEDNESDAY As Monday except:

8.50am Operation Ouch! Snips **9.00** Bitesize Daily: 8-9 Year Olds: Art **New episode 9.20-9.40** Bitesize Daily: 9-10 Year Olds: Art **New episode 10.30-11.00am** Horrible Histories

THURSDAY As Monday except:

7.00-7.20am Danger Mouse: Dark Side of the Mouse **8.50-9.00** Operation Ouch! Snips **9.20-9.40** Bitesize Daily: 9-10 Year Olds: Art **New episode 11.00-11.30** CBBC Live Lessons **6.00-6.25pm** **NEW** My Life

FRIDAY As Monday except:

8.10am Danny & Mick **8.20-8.25** Sketchy Comedy **8.50-9.00** Operation Ouch! Snips **9.20-9.40** Ten Pieces **10.30-11.00** Horrible Histories **1.50-2.00pm** Nikki Lilly Bakes **5.00** Blue Peter **New episode 5.30** **FILM** Early Man **6.45-7.00pm** Nikki Lilly Meets

CBEEBIES

608 608 644 702 202 205 608 601

SATURDAY 6.00am Baby Jake **6.10** Bing **6.20** Tiny Wonders **6.25** Love Monster **6.30** Tish Tash **6.35** Go Jetters **6.50** Raa Raa the Noisy Lion **7.00** Postman Pat: SDS **7.15** Bing: A three-year-old bunny engages with the world around him. **7.30** Hey Duggee **7.45** Go Jetters **8.00** Peter Rabbit **8.10** Octonauts **8.25** Chuggington **8.35** Bitz & Bob **8.45** The Furchester Hotel **9.00** Something Special: We're All Friends **9.20** Bluey **9.35** Romeo and Juliet **10.25** Nick Cope's Popcast **10.30** Justin's House **10.55** Otis's Boogie Beebies **11.00** Andy and the Band **11.15** Go Jetters **11.40** Waffle the Wonder Dog **11.50** Biff and Chip **12.00noon** My World Kitchen: Children from all over the world show off their favourite recipes. **12.15pm** JoJo & Gran Gran **12.25** Hey Duggee **12.40** Bitz & Bob **1.10** Love Monster **1.25** Go Jetters **1.50** Dog Loves Books **1.55** Timmy Time **2.00** Something Special: We're All Friends **2.20** GiggleQuiz **2.35** Tish Tash **2.40** Tee and Mo **2.50** Love Monster **2.55** Bitz & Bob **3.05** School of Roars **3.15** Messy Goes to OKIDO: Science-educational series. **3.25** Teeny Tiny Creatures **3.40** Andy's Prehistoric Adventures **3.55** Gigglebiz **4.15** Magic Hands **4.25** Treasure Champs **4.35** Timmy Time **4.45** Bluey **4.50** Andy and the Band **5.05** Maddie's Do You Know? **5.20** Biff and Chip **5.35** JoJo & Gran Gran **5.45** Sarah & Duck **5.55** Colours **6.00** Tee and Mo **6.10** Clangers **6.20** In the Night Garden **6.50-7.00pm** CBeebies Bedtime Stories

SUNDAY As Saturday except:

7.30am (BST) Tee and Mo **7.40** Hey Duggee **7.45-7.55** Tee and Mo **8.05-8.15** Tee and Mo **9.40-10.25** Go Jetters **12.25-12.30pm** Tee and Mo Song Time **4.20** Our Family **4.35-4.40** Tee and Mo **4.50-4.55** Tee and Mo **5.10-5.20pm** Our Family

MONDAY-WEDNESDAY

6.00am Raa Raa the Noisy Lion **6.10** Bing **6.15** Teletubbies: Fun and games for youngsters with the playful quartet. **6.30** Love Monster **6.40** Chuggington **6.50** Tish Tash **New episode 6.55** Small Potatoes **7.00** Bing **7.10** Hey Duggee **7.25** Bluey **7.40** Go Jetters **7.50** Peter Rabbit **8.05** Octonauts: Animated adventures with the underwater explorers. **8.15** Numberblocks **8.20** Love Monster **8.30** Nick Cope's Popcast **New episode 8.35** Justin's House **9.00** Bing **9.15** Dog Loves Books **9.25** Love Monster **9.30** Twirlywoos **9.40** Our Family Extras **New episode 9.45** Something Special: We're All Friends **10.05** Teletubbies **10.20** The Toddler Club at Home **10.30** Tiny Wonders **10.35** Hey Duggee **10.40** Tee and Mo **10.50** Kiri & Lou **10.55** School of Roars **11.05** Pablo **11.15** Let's Go for a Walk **11.30** My Very First **11.40** Our Family **11.50** Woolly & Tig **12.00noon** My World Kitchen **12.10pm** Andy's Safari Adventures **12.25** Waffle the Wonder Dog **12.35** Bitz & Bob **12.45** Go Jetters **1.00** Yakka Dee! **1.10** Numberblocks **1.15** Alphablocks **1.20** Mister Maker's Arty Party: Mister Maker, Scrapy and the Mini Makers create colourful pieces of art. **1.40** Nick Cope's Popcast **1.45** Something Special: We're All Friends **2.05** Teletubbies **2.20** Bing **2.25** Go Jetters **2.40** Timmy Time **2.45** Grace's Amazing Machines **3.00** Teeny Tiny Creatures **3.15** Swashbuckle: Game show for children. **3.35** Hey Duggee **3.45** Peter Rabbit **4.00** Maddie's Do You Know? **4.15** Let's Dance **New episode 4.20** Love Monster **4.30** Bluey **4.35** Timmy Time **4.45** Big Cook Little Cook **New episode 5.05** Waffle the Wonder Dog **5.15** Go Jetters **5.25** JoJo & Gran Gran **New episode 5.40** Sarah & Duck: The adventures of a girl and her duck. **5.45** Moon and Me **6.10** Clangers **6.20** In the Night Garden **6.50-7.00pm** CBeebies Bedtime Stories **New episode**

THURS & FRI As Monday except:

10.40-10.50am Garden Tales

CITY

612 734 711 203 602

SATURDAY 6.00am The Rubbish World of Dave Spud **6.35** Thunderbirds Are Go **7.00** Dare Master @Home **7.05** Mr Bear: The Animated Series **7.30** Mr Magoo **8.00** Inspector Gadget **8.30** Be Cool, Scooby-Doo! **8.55** Don't Unleash the Beast **9.25** Mr Magoo **9.55** Hotel Transylvania **10.25** The Rubbish World of Dave Spud **11.05** Be Cool, Scooby-Doo! **12.25pm** Inspector Gadget **1.25** How **1.55** Mr Bear: The Animated Series **2.55** Mighty Mike **3.10** Teen Titans Go! **4.25** Hotel Transylvania **4.55** Mr Magoo **5.25** Makeaway Takeaway **5.50** Mini Movies **6.20** Thunderbirds Are Go **6.45** The Rubbish World of Dave Spud **7.35** Don't Unleash the Beast **7.55** Spy School **8.25** Mini Movies **8.55-9.00pm** Dare Master @Home

SUNDAY As Saturday except:

7.05am (BST) Mighty Mike **7.30** The Epic Tales of Captain Underpants **8.00** Mr Bear: The Animated Series **8.30-8.55** The Rubbish World of Dave Spud **10.55** Be Cool, Scooby-Doo! **11.55** Inspector Gadget **1.25-1.55pm** Spy School **4.25** The Epic Tales of Captain Underpants **4.55-5.25** Hotel Transylvania **5.50-6.20** How **8.25-8.55pm** How

MONDAY 6.00am Gormiti 3D: The Herald of Gorm **6.30** Thunderbirds Are Go **6.55** Inspector Gadget **7.25** Teen Titans Go! **7.55** Dare Master @Home **8.00** Be Cool, Scooby-Doo! **8.30** Scooby-Doo! Mystery Incorporated **9.00** Shaggy & Scooby-Doo Get a Clue! **9.25** Buck and Buddy **9.30** The Tom and Jerry Show **10.00** Mr Bear: The Animated Series **10.30** The Rubbish World of Dave Spud **11.00** Teen Titans Go! **11.30** Mr Magoo **12.15pm** Mini Movies **12.40** Don't Unleash the Beast **1.10** Drop Dead Weird **1.35** Gormiti 3D: The Herald of Gorm **2.00** Thunderbirds Are Go **2.30** Captain Underpants **3.00** Tom and Jerry **3.30** Scooby-Doo! Mystery Incorporated **4.00** Be Cool, Scooby-Doo! **4.30** Inspector Gadget **5.00** The Rubbish World of Dave Spud **5.30** Jurassic World Camp Cretaceous **6.00** Don't Unleash the Beast **6.30** Teen Titans Go! **7.00** Mini Movies **7.25** Scooby-Doo! Mystery Incorporated **7.55** Jurassic World Camp Cretaceous **8.25** Mr Bear: The Animated Series **8.55-9.00pm** Dare Master @Home

TUESDAY As Monday except:

7.55-8.25pm The Rubbish World of Dave Spud

WED-FRI As Monday except:

1.10-1.35pm Project Z **7.55-8.25pm** The Rubbish World of Dave Spud

NICK JR

606 648 715 470 476

SATURDAY 6.00am Blue's Clues & You **6.30** Paw Patrol **7.30** Bubble Guppies **8.00** Paw Patrol **8.30** Baby Shark's Big Show! **9.00** Paw Patrol **9.30** Blaze and the Monster Machines **10.30** Paw Patrol **11.15** Deer Squad **11.30** Ryan's Mystery Playdate **12.00noon** Paw Patrol **2.30pm** Deer Squad **3.00** Ben and Holly's Little Kingdom **3.30** Peppa Pig **4.00** Bubble Guppies **4.30** Blaze and the Monster Machines **5.30** Floogals **5.45** Paw Patrol **6.30** Kangaroo Beach **7.00** Peppa Pig **9.00** Ben and Holly's Little Kingdom **10.00** Paw Patrol **11.30** Ben and Holly's Little Kingdom **12.30-1.00am (GMT)** Peppa Pig **2.00 (BST)** Peppa Pig **2.05** Peppa Pig **3.00** Blaze and the Monster Machines **3.30** Blue's Clues & You **4.30-6.00am** Paw Patrol

SUNDAY As Saturday except:

3.30am (BST) Ryan's Mystery Playdate **4.00-4.30am** Blue's Clues & You

MONDAY 6.00am Blue's Clues & You **6.30** Paw Patrol **7.15** The Adventures of Paddington **7.30** Baby Shark's Big Show! **7.45** Paw Patrol: Mighty Pups **8.00** Paw Patrol **8.30** My Nick Jr Adventure **8.35** Blue's Clues & You **9.00** Blaze and the Monster Machines **9.30** Paw Patrol **10.30** Peppa Pig **11.00** Ben and Holly's Little Kingdom **11.30** The Adventures of Paddington **12.00noon** Blaze and the Monster Machines **12.30pm** Paw Patrol **1.30** Deer Squad **1.45** Paw Patrol **3.00** Deer Squad **3.15** Paw Patrol **3.30** Peppa Pig **4.30** Blue's Clues & You **5.00** The Adventures of Paddington **5.30** Paw Patrol **6.00** Baby Shark's Big Show! **6.30** Santiago of the Seas **7.00** Blaze and the Monster Machines: Adventures with AJ, an eight-year-old techie who drives monster-truck Blaze. **7.30** Paw Patrol **8.00** Peppa Pig **9.00** The Adventures of Paddington **9.30** Paw Patrol **11.30** Ben and Holly's Little Kingdom **12.30am** Peppa Pig **3.00** Blaze and the Monster Machines **3.30** Blue's Clues & You **4.30-6.00am** Paw Patrol

TUE & WED As Monday except:

7.45-8.30am Paw Patrol **3.30am** Paw Patrol **4.00-4.30am** Blue's Clues & You

THURSDAY As Monday except:

7.45-8.30am Paw Patrol

FRIDAY As Monday except:

7.45-8.30am Paw Patrol **3.30am** Rusty Rivets **4.00-4.30am** Blue's Clues & You

+1 hour 628

Highlights



Shaun the Sheep Movie

Saturday, CBBC, 5.40pm

The lamb and his canine companion Bitzer find themselves in all manner of bother in the big city while trying to save their amnesia-suffering farmer.



Silverpoint

Sunday, CBBC, 5.05pm

The gang takes a step closer towards unstanding the alien rock's secrets when Louis (Oliver Cunliffe) confesses his real reason for being at the camp.

Coming soon

Jim Broadbent, Dame Emma Thompson, Lucy Boynton and Hugh Laurie



FIRST LOOK

Why Didn't They Ask Evans?

Hugh Laurie writes, directs and stars in a colourful Agatha Christie adaptation

Check out these behind-the-scenes shots of Hugh Laurie as he directs the cast of his new take on Agatha Christie's 1934 novel *Why Didn't They Ask Evans?*

The three-part drama, airing this spring on BritBox, sees Will Poulter play naval officer Bobby Jones, who, along with his socialite friend Lady Frances 'Frankie' Derwent (Lucy Boynton), is drawn into an intriguing mystery when a man appears to fall off a cliff and utters the enigmatic dying words, 'Why didn't they ask Evans?' Bobby and Frankie are keen to learn what lies behind the

strange message and soon uncover a chilling tale of dark secrets and murder.

STARRY CAST

Laurie co-stars as imposing Dr James Nicholson, the clinical director of a mysterious sanitarium, who comes on to their radar, while Maeve Dermody is his disturbed wife Moira, Conleth Hill is Bobby's friend Dr Thomas and Jim Broadbent and Dame Emma Thompson are Frankie's parents Lord and Lady Marcham.

Miles Jupp, Amy Nuttall, Daniel Ings, Alistair Petrie,



Stars Will Poulter and Lucy Boynton with Hugh Laurie

Paul Whitehouse and Morwenna Banks also appear.

'I loved this book as a nipper and still do. The hairs on the back of my neck haven't properly settled down from the first time I grasped the beauty of the essential mystery,' says Laurie. 'I feel immensely honoured to have been given the chance to retell their story in this form.'

WHAT'S NEXT FOR...

Suranne Jones

The actor has co-created ITV's three-part drama **Maryland**, in which she will play Becca, one of two estranged sisters brought together when they travel to the Isle of Man to collect the body of their late mother.



Martin Compston

BBC2's six-part travelogue **Martin Compston's Scottish Fling** sees the actor join his friend Phil MacHugh on a journey around his native Scotland to showcase the culture and people and visit its dramatic landscapes.



Ainsley Harriott

In C4's five-part series **Best of British by the Sea**, the chef will team up with writer Grace Dent to profile British seaside resorts, from Devon to Aberdeenshire, and sample the culinary delights.



Coming Back

Comic Rosie Jones will return for a second five-part run of her C4 travelogue **Trip Hazard** as she takes in destinations around the UK with her celebrity pals. 'Do I have a brilliantly busy year ahead?!' asks Jones.



TV&Satellite week

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Next week On sale Tuesday 29 March



All the Old Knives

Chris Pine stars in Prime Video's thriller film about a CIA agent trying to uncover a mole.



Peaky Blinders

As the gangster drama bows out with an explosive finale on BBC1, what fate awaits Tommy?



The Split

The BBC1 legal drama starring Nicola Walker and Stephen Mangan returns for a final run.



Deadline

Channel 5's thriller follows a journalist investigating a woman accused of murder.

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